

Nutrition Tips for Prostate Health:

Eat plenty of fruits and vegetables, especially:

- ◆ Red and pink-colored fruits and vegetables, which contain lycopene, such as tomatoes, pink guava, watermelon, papaya, red grapefruit and dried apricots
- ◆ Strong-flavored foods that contain allium, such as onions, garlic, scallions, chives, shallots and leeks
- ◆ Cooked dried beans and soybean products, which contain isoflavones, such as soybeans, chickpeas, lentils, tofu and soy milk

For example, you could:

- ◆ Add extra marinara sauce, crushed garlic and onion to spaghetti or pizza
- ◆ Add tomatoes, onion slices and cooked dried beans to soups and salads
- ◆ Slice watermelon or red grapefruit for a snack
- ◆ Enjoy fresh salsa with black beans

Recipe for Fresh Salsa with Black Beans:

(Makes eight 1/2 cup servings)

- 1/2 cup corn, fresh cut off the cob *or* frozen
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup diced fresh tomatoes
- 1/2 cup diced onion
- 1/2 cup diced green sweet bell pepper
- 2 tablespoons lime juice
- 2 cloves finely chopped garlic
- 1/2 cup picante sauce

Directions: Wash your hands and work area. If using fresh corn, cook it as desired. If using frozen corn, let it thaw. Stir together all ingredients in a large bowl. Cover and refrigerate for two or more hours to allow flavors to blend. Serve cold with low fat baked tortilla chips or with baked potatoes or baked meat, fish or chicken. Cover and refrigerate leftovers within two hours.

Nutrition Facts per 1/2 cup serving: 80 calories, 0 g total fat, 0 mg cholesterol, 160 mg sodium, 15 g total carbohydrate, 4 g protein

Source: Fix It Fresh! Fruits and Vegetables Recipes series, www.oznet.ksu.edu/humannutrition/recipebook.pdf