

As the major fat source in the Mediterranean Diet, olive oil's health benefits rest on its rich oleic acid content and its high concentration of beta-sitosterol and polyphenolic antioxidants. Diets rich in monounsaturated oleic acid are associated with a reduced risk of breast and prostate cancer. Beta-sitosterol effectively lowers cholesterol in patients with mild hypercholesterolemia, appears to have a favorable impact on the prostate gland, and has been successfully used to treat benign prostatic hyperplasia (BPH).



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*The mission of the Foundation for Cancer Research and Education is to decrease the death rate from prostate cancer while enhancing quality of life. Our focus on prostate cancer research will be a model for the treatment of other cancers and will prevent heart attacks and strokes.*

*Our educational efforts are to acquaint the general public, cancer patients, and health care professionals with recent advances in prevention, diagnosis, and treatment of prostate cancer.*

*FCRE advocates comprehensive cancer care, which means understanding all of the available cancer treatment options and combining them if necessary. A comprehensive program also includes evaluation and treatment of cardiovascular disease, obesity, diabetes, or any other disease that affects overall health.*

*FCRE partners with other foundations, institutes, institutions, hospitals, and support groups to host conferences, seminars, special events, and produce publications to reach as many men and women as possible. Our information comes from the best available science and is grounded on solid, evidence-based medicine gleaned from well-designed clinical trials.*

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Prostate Cancer*

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## Choose the **right** fat

While not part of the traditional Mediterranean Diet, avocados and avocado oil are also rich sources of oleic acid (75%) and, like olives and almonds, can reduce total cholesterol and LDL-cholesterol. Unlike olives and almonds, however, avocados can increase HDL-cholesterol and reduce triglycerides.

Avocados not only contain the same antioxidants as olives and almonds, but they also suppress inflammation. Avocados can also decrease the severity of a sunburn and appear to be very active at protecting the liver.



The Mediterranean Diet is rich in ocean-caught fish, fruits, vegetables, grains, and legumes, and appears safe for prostate cancer patients. Healthy fats such as olive oil and almonds are a key part of the Mediterranean Diet and may reduce prostate cancer risk.

Recent research also confirms the increased impact of fats on prostate cancer risk. While animal fats, egg yolks, canola oil, flaxseed, and peanut oil all have a negative impact on prostate cancer, there are some healthy fats that are not only safe but are also good for your overall health.

According to the Lyon Heart Study, after four years, people who ate the Mediterranean Diet had a 56% reduction in total deaths, a 61% reduction in cancers of all types, and an almost 50% reduction in heart attacks.

Almonds and almond oil, much like olives and olive oil, are rich in monounsaturated oleic acid. In fact, almonds have essentially the same level of oleic acid as olive oil. Almonds have high antioxidant levels and are a rich source of beta-sitosterol, which affects favorable blood cholesterol levels. Unlike peanuts, almonds are safe for prostate cancer patients, making almond butter an excellent alternative to peanut butter.



Hazelnuts (or filberts) contain 70-80% oleic acid and are also low in both saturated and polyunsaturated fats. As with other foods rich in oleic acid, these nuts decrease total and LDL-cholesterol. While hazelnuts contain antioxidants and beta-sitosterol, the levels of both are less than those found in olives, almonds, or avocados.

In addition, pistachios and macadamia nuts appear to be safe for prostate cancer survivors.