

Reduce or Avoid Foods That Are Harm To The Prostate

 prostagenix.com/blog/avoid-prostate-harmful-food/

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We're all about eating good food and enjoying delicious meals. However, there are some prostate harmful food that you might want to avoid or reduce to maintain a healthy prostate. If you have ever known your PSA level and it happens to be closer to 4.0 ng/mL, you will need to follow this suggestion.

Avoid Prostate Harmful Food

You may be surprised at how many common foods irritate the prostate and can contribute to a rise in PSA levels and an enlarged prostate. Here are some of the foods and beverages that fall into this category.

- Foods that contain acrylamide, such as French fries and potato chips (the two biggest offenders) and doughnuts
- Sugars and sugary foods
- Foods rich in saturated fats
- Excess alcohol
- Eggs
- Nonfermented soy products such as tofu and edamame, which can raise estrogen levels
- Microwave popcorn
- Nonorganic potatoes, meats, and dairy products
- Canned foods, especially tomatoes, which are acidic and more likely to leach bisphenol A (a hormone disruptor) from the lining of the cans

*if you have more questions whether you have a normal PSA level, check out our blog article: **What Is The Normal PSA Level For Men's Prostate?**

*Here is a suggested diet to maintain a healthy prostate: **Our Suggested Prostate Diet That Helps Lower PSA Level**

if you are looking for supplement pills for your prostate problems, we recommend trying our **all natural ingredients ProstaGenix pills*