

Supplementary Table S1: Seminar content

Category topic	Sub-topics	Time (minutes)
General diet information for health and management of co-morbidities	Body changes related to prostate cancer Body Mass Index (BMI), healthy weights Heart disease, diabetes, osteoporosis Fruits and vegetables Meat, fish, poultry-protein Starches and grains Fats Alcohol Sugar Plate model	35
Prostate cancer: primary and secondary prevention	Bone health Phytonutrients and antioxidants (soy, lycopene, fibre) Dietary supplements (selenium, vitamin E)	30
Symptom management during treatment	Diarrhea Hot flushes	10
General questions		15

