

Men's Nutrition : A Guy's Issue

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Make 2009 A Year Of Good Health For Men



NUTRITION!

GOOD HEALTH!

It might be a great time to step up to the plate and take care of your health. On average American men live sicker and die younger than women! Nearly half of premature deaths in men are preventable, so let's take a quick look at simple changes.

Yes, you are what you eat, whether it be healthy foods and beverages, or high calorie low nutrient "junk food". Over 60 % of adult males in the US are overweight. Here are some tips:

Fill half your plate with a variety of vegetables and fruit. **Tip** In the produce aisle, pick out foods you like and stack them on the scale just to get a picture of what 2 pounds looks like. Although potatoes and corn are healthy, don't use them in this activity, because they weigh so much, and the idea is to include colorful choices!

How often do you hear get more calcium and vitamin D? Milk is one item that is always fortified with vitamin D, but if you don't drink 3 cups of skim or 1% milk each day, you may need a calcium and vitamin D supplement. **Tip** Cheese is the main source of fat in our diet, so try to keep cheese intake to 2 ounces each week, (not day!) to help keep blood lipids normal.

What and how much you choose for protein gives you a clear way to improve your nutrition. Limit the intake to 5-6 ounces daily. **Tip** A card deck is about 3 ounces; that's a serving size! Guys, if you can see meat as a condiment, and fill up on whole grains, fat free dairy foods, fruits and vegetables, beans and nuts, you'll significantly boost your nutrition score.

Contrary to myth, small amounts of healthy fats are good for you. **Tip** The trick is small amounts. Most of the fat we eat is hidden in snacks, meats, skin on poultry and soaking into foods like French fries. Read labels, go skinless, limit saturated fats, and avoid trans fats.

Most men need more dietary fiber. When wheat and rice are processed, the outside part, or bran is removed. **Tip** Since the words whole grain may mislead, look at nutrition labels and choose bread, tortillas, cereals, pastas and rice that provide at least 3 grams of fiber/serving. Aim for 25-30 grams/day.

Where is salt hidden? Up to 77% is in processed foods, rather than added during cooking or at the table. **Tip** Brush up on home cooking skills using whole foods and sodium intake usually plummets.

But what to drink? Pick drinks with no added sugar or corn syrup! Switching primarily to water, and adding skim or 1% milk is a great start. Give up soda pop and sports drinks. **Tip** Try to limit alcohol to *no more* than an average of 7 drinks per week.