



Men's Health Month

Monthly Newsletter | June 2016

Healthy Eating for Men Incorporate More Fruits and Vegetables

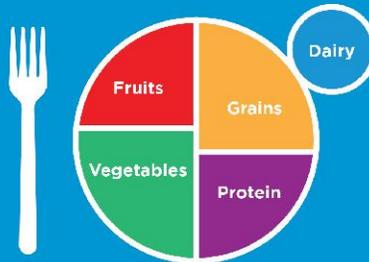
Food is more than just fuel. Your diet can help fight disease and keep you looking and acting younger. How a man eats throughout his life can help predict how well he ages.

Follow the tips below to help you keep weight off, keep your blood pressure down and decrease your risk for diabetes, heart disease and dementia.

Energy Foods

Since men have more muscle and are typically bigger than women, they require more calories throughout the day. Moderately active males should eat 2,000 to 2,800 calories per day. Your energy needs depend on your height, weight and activity level.

For energy, weight management and disease prevention, men should eat whole grains such as whole-grain bread, pasta, cereal, brown rice, oats, barley, fruits and vegetables. These foods are high in fiber, help manage hunger and fullness and help fend off certain cancers, such as prostate and colon.



ChooseMyPlate.gov

Eating Right

A healthy diet for men includes:

Vitamins, minerals and fibers - eat at least 2 cups of fruits and 2 1/2 cups of vegetables a day.

Whole grains - eat at least half of all grains as whole grains each day.

At least two to three servings of **fish** per week.

At least 38 grams of **fiber** a day for younger men; 30 grams of fiber a day for men older than 50.

4,700 milligrams a day of **potassium** from fruits, vegetables, fish and milk.

Beyond Meat

Men are typically meat-eaters because of the perception that more protein equals more muscle mass. That is not the case unless exercise is involved.

Eat red meat less frequently, and, instead, focus on more fruits, vegetables and low-fat dairy products. This will not only help you keep weight off, but it can help keep blood pressure down. Cut down on saturated fat from meat, cheese and fried foods. Instead, opt for foods with unsaturated, heart-healthy fats such as olive oil, canola oil, nuts, seeds and avocados.

Weight and Disease Risk

More than women, men gain weight around the middle; that's due to the male hormone testosterone.

If your waist measures more than 40 inches around, it's time to shed some pounds. This fat around the waist is typically buried deep in the abdomen and increases your risk for diabetes, heart disease and dementia.

Sources: eatright.org

Recipe of the Month

Asian-style Steamed Salmon

Enjoy this simple, fast dish any weeknight.

Serve salmon with brown rice and broccoli to incorporate whole grains and vegetables.



Asian-style Steamed Salmon

This entree offers around 175 calories and 9 grams of fat per serving. One serving is equal to 3 oz salmon and 1/4 cup broth. This recipe serves 4.

One

Ingredients:

- 1 cup low-sodium chicken broth
- 1/2 cup shiitake mushroom caps, rinsed and sliced
- 2 Tbsp fresh ginger, minced
- 1/4 cup scallions, rinsed and chopped
- 1 Tbsp lite soy sauce
- 1 Tbsp sesame oil
- 12 oz salmon fillet, cut into 4 portions (3 oz each)

Preparation:

Combine chicken broth, mushroom caps, ginger, scallions, soy sauce, and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower heat and simmer for 2-3 minutes. Add salmon fillets, and cover with a tight-fitting lid. Cook gently over low heat for 4-5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 degrees Fahrenheit). Serve one piece of salmon with 1/4 cup of broth.

Source: nih.gov