



10 TIPS FOR MEN'S HEALTH

- 01. MAGIC FOODS DO NOT EXIST.** There's no magic food or way to eat. There are some foods men need to eat such as vegetables, fruits, whole grains, protein foods like beans, eggs, lean meats and dairy like 1% milk.
- 02. IF IT'S THERE, YOU'LL EAT IT.** Keep healthy foods in your kitchen that need little preparation. Keep your fridge filled with carrots, apples, oranges, low-fat yogurt, and eggs. Stock up on fresh, low sodium canned, or frozen vegetables and fruits, lean meats, tuna or salmon.
- 03. WHOLE GRAINS HELP YOU FEEL FULL.** Make sure half your grains are whole grains. Whole grains can help give a feeling of fullness and key nutrients. Choose whole-wheat bread, brown rice, and oatmeal.
- 04. BUILD HABITS THAT DON'T ADD POUNDS.** Cut calories by skipping foods high in solid fats and added sugars. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream just as occasional treats.
- 05. WATER IS YOUR FRIEND.** Water is the better drink choice. Beverages can add about 400 calories a day to men's diets. Limit high-calorie beverages, including alcohol. Skip soda, fruit drinks, energy drinks, sports drinks, and other sugary beverages.
- 06. FIND OUT WHAT MEN NEED TO EAT.** Men's energy needs differ from women's needs. Find exactly how much and what foods you need, based on your height, weight, age, and physical activity level.
- 07. GET BEYOND SURVIVAL COOKING.** Start cooking more often. Try steaming vegetables, roasting chicken, making a tasty veggie sauce for spaghetti from scratch. Making your own home cooked meals allows you to control what and how much you eat.
- 08. SWEAT IS NOT BAD.** Be active whenever you can. Set a goal of 2 ½ hours or more of moderate physical activity a week. Include strengthening your arms, legs, and core muscles at least 2 days a week.
- 09. WISE UP ABOUT WHAT'S IN FOOD.** Use both Nutrition Facts and ingredient labels to discover what nutrients foods and beverages contain. Cut back on foods that have sugar or fats as the first ingredient.
- 10. FILL YOUR PLATE LIKE MYPLATE.** Learn more at www.ChooseMyplate.gov.