

## Men's Health Risks

**Heart Disease:** Heart disease is a leading men's health threat. Several health conditions can lead to heart attacks, including high cholesterol, high blood pressure, and diabetes. A healthy diet and regular exercise may help prevent these conditions and protect your heart.

**Prostate Cancer:** Prostate cancer is one of the most common cancers in men. Increasing the amount of fruit and vegetables in the diet, exercising regularly, and eating fatty fish like salmon may help lower risk.

**Type 2 Diabetes:** Type 2 diabetes may be prevented by maintaining a healthy weight, eating a balanced diet, and exercising regularly. Obesity and inactivity are risk factors for the disease.

**Alzheimer's:** Though there is no proven way to prevent Alzheimer's, you may reduce risk by minimizing saturated fat in the diet, eating a variety of fruits and vegetables, choosing whole grains and fish, and exercising daily.

## Snack on This



**Berries:** Berries are high in fiber and contain powerful phytonutrients linked to several health benefits. Always have them on hand to throw in smoothies and yogurts or to eat with oatmeal.



**Unsalted nuts:** Nuts are packed with some serious nutrition. They're a great source of healthy fats, provide protein, and are loaded with antioxidants. Snack on 1/4 cup nuts when you need a boost.



**Carrots and Hummus:** Providing protein, fiber and healthful nutrients, carrot sticks and hummus is a light snack to power you through to your next meal.



**Bananas:** Nature's perfect carbohydrate. Bananas are an excellent snack choice before activity to fuel muscles during exercise.

**Improve Balance:** Use a sofa cushion to improve your balance. Stand one-legged on the cushion and move a heavy object from hand to hand, side to side, and behind your head. Once you've mastered the move, try it with your eyes closed. You'll improve your balance, coordination and body control.

**Lose Your Weak Spot:** If you don't exercise regularly, start! The more often you work out, the stronger and better you'll feel.



**Cut Your Gut:** Visceral fat (the stuff deep in your abdomen) lets toxins seep into your vital organs. That's why round bellied men are prone to chronic disease. Try eating six small meals a day instead of three big ones—you'll stave off hunger and avoid overeating.

**Color Coded Meals:** A study in the Journal of Nutrition found that middle-aged guys who ate colorful veggies such as carrots, tomatoes, kale, spinach, sweet potatoes and collard greens had smaller waistlines, a lower incidence of metabolic syndrome and healthier triglyceride, or blood fat, levels.

## Tips for Getting Fit

**Strengthen Your Core:** A strong core is key to safe lifting and running. Try planks, bicycle crunches, cable rotations, and hanging leg raises.

**Keep Muscles Limber:** Make time for stretching. Hold stretches for 30 to 60 seconds to keep muscles limber and to help prevent injury. Focus on areas that feel tight. See a trainer for personal stretching instruction.

**Drop the Excuses:** You may feel busy, but exercise can fit into your day. Wake up 20 minutes earlier and go for a jog, take a brisk walk during lunch, use the stairs not the elevator, and do push ups before bed. Short simple steps add up. After just a few weeks of consistent activity daily exercise will become a habit.



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MEN'S HEALTH

Health and Wellness Series #8



# Top Ten Health Tips For Men

Listed below are ten top habits to help men lead a healthy and productive life.

## 1

### Eat Breakfast

Don't skip breakfast—your body needs fuel to start the day. Even just a piece of fruit or toast is better than nothing at all.



## 2

### Pack Power Snacks

Stock your office and car with portable snacks like bananas, apples, grapes and almonds. Having smart snacks on hand will prevent overloading on junk.



## 3

### Energize with Food

Include fruits, vegetables and lean proteins in meals and cut back on overly processed foods to help you feel alert and energized.



## 4

### Laugh

Embrace your sense of humor—studies show it can lower blood pressure, ease stress, support the immune system, and help you live longer.



## 5

### Avoid Dehydration

Drink water often. When we feel hungry, we are often just thirsty. Water is also essential for keeping you energized.



## 6

### Choose the Best Carbs

Carbohydrates provide energy, but choose the best ones. Go for whole grains and fruit and avoid refined sugars and white pastas. Select whole grain alternatives whenever possible.



## 7

### Get Physical

Include physical activity in your daily routine—this burns calories, increases energy, and helps to manage and reduce stress.



## 8

### Slow Down

Pay attention to eating speed. Take smaller bites, put down your fork, and sip water to slow down and give the brain time to register fullness.



## 9

### Go Easy on Alcohol

Avoid heavy drinking. One to two drinks per day can be safe but avoid binge drinking.



## 10

### Get Checked

Check your cholesterol and blood pressure regularly. Heart disease is a leading health threat for men. Consult your doctor for more information.



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