

nutrition and men's health



It is important for men to be aware of their health. The major health concerns for males include: heart disease, diabetes, cancer, accidents and injuries, erectile dysfunction, being overweight or obese, and stress.

To maintain good health men need to enjoy a healthy lifestyle, make sensible food choices and have regular check ups with their GP.

WHAT CAN YOU DO?

Enjoy a wide variety of foods to achieve optimum health-

The amount of food you eat is just as important as the variety. Here is a general guide to servings from the different food groups that men can enjoy each day.

FOOD GROUP	NO. SERVES/DAY	SERVING SIZE
• Wholegrain Breads & Cereals	6-12	1 serve is 2 slices of bread or, 1 cup cooked rice, pasta or noodles or 1 cup of cooked porridge, 1 cup cereal flakes or 1/2 cup of muesli
• Vegetables & Legumes	5	1 serve is 1 medium potato or 1/2 cup cooked vegetables, 1 cup salad or 1/2 cup of cooked legumes.
• Fruits	2	1 serve is 1 medium piece of fruit (eg apple, orange, banana) or 2 pieces of smaller fruit (eg apricots, plums) or, 1 cup tinned fruit or 1 1/2 tablespoons of dried fruit.
• Milk & Alternatives	2	1 serve is 250ml milk or fortified soy milk or, 40g cheese or 200g yoghurt or 1 cup custard.
• Meat & Alternatives	1	1 serve is 1/2 cup of cooked beans, lentils, or chickpeas or, 65-100g lean cooked meat or chicken or, 80-120g fish or, 100g firm tofu or, 2 eggs or, 1/3 cup of nuts or, 1/4 cup of seeds.

Food for Health - Dietary Guidelines for Australians: A Guide to Healthy Eating, NHMRC, 2003. Values are for 19-60yr men.

► **Maintain a healthy weight:** Many men joke about their 'pot belly' without realising that excess weight around their tummy area is associated with the increased risk of heart disease, diabetes, high blood pressure and many other lifestyle diseases.

► **Avoid too much fat:** To improve your diet, prevent weight gain and heart disease, eat less fat, particularly saturated fat.

- Choose low fat dairy/fortified soy products
- Use less butter and margarine
- Avoid fried foods, cakes and pastries
- Choose lean meats and skinless chicken, and trim any fat

► **Limit alcohol intake:** Excessive alcohol intake or binge drinking can increase the risk of lifestyle diseases, accidents and contributes empty calories.

- Drink slowly
- Satisfy thirst with a non-alcoholic drink
- Alternate alcoholic and non-alcoholic drinks
- Include two alcohol free days a week

LIFESTYLE TIPS

► **Quit smoking:** Smoking increases the risk of heart disease and many cancers.

► **Relax:** Take time out (even 10 minutes each day) to relax and relieve the stress of modern life.

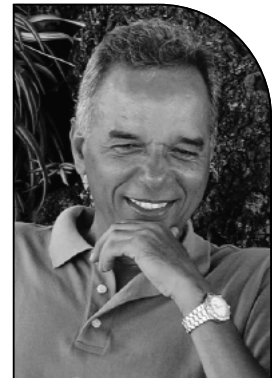
► **Be active:** At least 30 minutes of physical activity on most days of the week will help lower the risk of heart disease, help maintain a healthy weight and relieve stress. Exercise can also improve sleep, increase vitality and promote a sense of wellbeing.

► **Visit your GP for a health check at least annually:** This should include a general check-up but also, other tests depending on your stage of life. Talk to your doctor about the following:

- | | |
|--|---|
| <input type="checkbox"/> Blood pressure | <input type="checkbox"/> Cholesterol |
| <input type="checkbox"/> Blood glucose level | <input type="checkbox"/> Skin changes |
| <input type="checkbox"/> Prostate | <input type="checkbox"/> Testicular examination |
| <input type="checkbox"/> Bowel health | <input type="checkbox"/> Emotional health |
| <input type="checkbox"/> Eyes/vision | <input type="checkbox"/> Sexual health |

The information contained in this leaflet is correct at the time of publication with every effort made to ensure that it follows the latest nutrition guidelines. Please consult your Accredited Practising Dietitian (APD) or doctor for advice on your personal dietary requirements.

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WOULD YOU LIKE MORE INFORMATION?

At the **Sanitarium Nutrition Service**, we are a team of qualified nutritionists and dietitians who work together for the sole purpose of helping people enjoy healthy foods and the benefits of a healthier lifestyle.

We invite you to contact us during business hours to:

- ✓ Receive a copy of our **'HEALTHY EATING FOR ADULTS'** leaflet.



- ✓ Subscribe to our **FREE**, quarterly food & nutrition newsletter, **'GOOD FOOD NEWS'**.



- ✓ Talk with a qualified dietitian about any nutrition issue of interest to you.

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This nutrition sheet has been developed by the Sanitarium Health Food Company and favourably reviewed by Nutrition Australia.



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