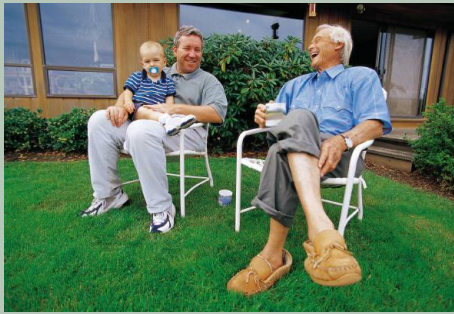


Nutrition Tidbits

Top 3 Nutrition Tips for Men

1. *Focus on produce.* This is the best thing you can do for yourself in protecting against most of the top health issues for men. Choose a variety of fruits and vegetables in various colors. Aim for 9 servings per day.
2. *If a meat eater, consume extra lean sources in appropriate serving sizes.* Lean beef, chicken, pork, fish should be limited to size of the palm of your hand.
3. *Reduce meal portions.* Achieve this by not skipping meals and including at least 2 snacks between meals. This will assist in controlling body weight. Also choose healthier foods for the smaller portions.

Achieving these three nutrition goals will decrease your risk of heart disease, all cancers, diabetes, stroke and obesity.



Men Taking Charge

For the month of June, let us all focus on encouraging the men in our lives to take care of their health. Why? Because statistics show that men:

- Die younger—and in greater numbers—of heart disease, stroke, cancer, diabetes, and many other diseases.
- Don't take care of themselves as well as women do.
- Are more likely to engage in unhealthy behavior.
- Don't seek medical attention when they need it.
- Are less likely than women to adopt preventive health measures.
- Are less likely to have health insurance.
- Are more likely to work in dangerous occupations.

The good news is that at PNT, we are seeing the trend changing. Men are seeking the assistance of a Registered Dietitian to assist them in changing their eating habits. In this issue, we discuss some of the nutritional aspects of keeping men healthy.

Month of June: It's About Men's Health

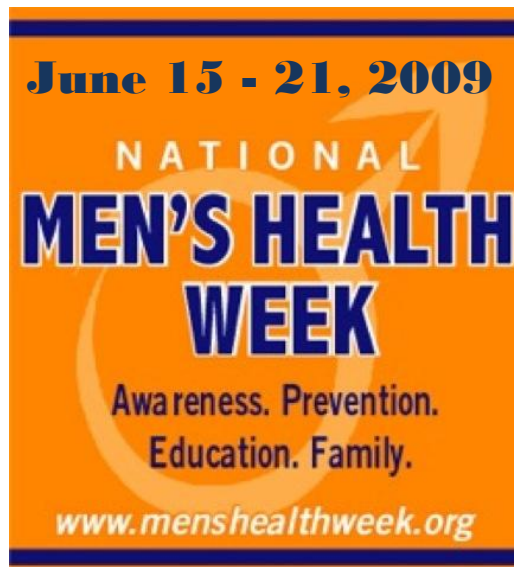
On average, men live 5.2 years less than women. There are many theories as to why this is the case, and the statistics in the editor's comments in the "Men Taking Charge" section explain some of the factors.

Eating a diet that provides all the nutrients your body needs will dramatically reduce your chances of getting some of the chronic diseases that affect men at a higher rate than women. This will indeed impact not only your quality of life, but your personal lifespan. A long lifespan is a great goal, but increasing life quality will allow you to enjoy the time you have being alive.

How does a man's diet affect his risk factors for disease?

Diet, exercise and alcohol intake affect your health now and your risk for developing certain diseases in later life, such as obesity, heart disease, diabetes, and several types of cancer.

You will immediately notice some of the payoffs of eating well and exercising regularly by how you look



and feel. The long-term health benefits will be the results of health habits you make now and in the near future. Small changes you make now can add up over time to big dividends.

Of the 10 leading causes of death and disease, 4 are associated directly with diet - heart disease, cancer, stroke and diabetes. Another 3 are associated with excessive alcohol use (accidents and injuries, suicide and homicide).

(Continued on page 2)



Angela Lemond, RD, CSP, LD
Nutrition Therapist & Editor
Professional Nutrition Therapists

(Continued from page 1)

How does diet relate to heart disease?

Heart disease is responsible for 1 out of every 2 deaths in the United States. Men's risk of having heart disease is higher than women's until women reach the age of menopause.

Major controllable factors that contribute to heart disease are:

- High blood cholesterol levels
- High blood pressure
- Diabetes
- Obesity
- Cigarette smoking
- Physical inactivity
- Increasing age
- Family history of early onset of heart disease

Diet-related recommendations for heart health include:

- Reduce the amounts of total fat, saturated fat (found in animal products such as meat, higher fat dairy products, butter, and eggs), trans fatty acids (found in liquid oils that have been chemically hardened, such as margarine, Crisco, and most commercial cookies and baked products), cholesterol (high in shellfish, egg yolks, and organ meats), and sodium (salt) in your diet
- With the guidance of your health provider, monitor and control blood pressure and blood cholesterol levels
- Maintain a healthy weight
- If you have diabetes, manage your blood glucose levels well
- Eat plenty of high fiber foods (whole grains; fresh fruits and vegetables; legumes such as beans, peas, and lentils; nuts and seeds)
- Limit your alcohol intake. Dietary recommendations allow 2 drinks per day for men. Drinking beyond these moderate levels raises the risk of accidents, violence, hypertension, cancer and heart disease.

Can I reduce my cancer risk by how I eat?

Cancer can also be reduced by lifestyle changes, many of which are diet-related. These include:

- Maintaining a healthy body weight
- Reducing your fat intake
- Limiting your alcohol intake
- Boosting your fiber intake by eating plenty of beans, whole grains, fruits and vegetables (especially vegetables that are deep-yellow, dark-green and leafy, or from the cabbage family).

Contact PNT at 972-238-1811 so we can customize a nutrition plan that fits with your specific lifestyle.

Source: Adapted from Brown University's article on Men's Nutrition

Men's Hydration

The hot and humid weather has arrived! Maintaining proper hydration is a critical issue for men, especially during the hot summer months. When you are golfing, attending events or doing other various activities; you sweat in an effort to cool your body down. As you sweat you are losing fluid and essential electrolytes that can lead to dehydration. Dehydration can be dangerous, and even fatal if not treated properly.



Stay hydrated this summer. Water (yes, from the tap) is an inexpensive and available source of rehydration. If it is easier for you to drink purchased, bottled water– that works too. For many men, water will be adequate to replenish lost fluids from mowing your lawn (unless it is several acres) to coaching little league or soccer to a short run – under 30 minutes. However, if you are actively exercising – participating in a softball game, doing physical activity or running more than 30 minutes, and will be outside in the heat you may need more than just water. In this case, you may need to add a drink containing carbohydrates and electrolytes.

There are many commercially available rehydration solutions. Be sure to read the labels – some contain a high amount of carbohydrate or sugar and more electrolytes than needed. Two products to consider are **CeraSport** and **CeraSport EX1**. These rice-based hydration drinks were developed along with physicians at Johns Hopkins University. They restore essential salts and fluids that are lost in sweat. The rice-based carbohydrate in the products provides quick and sustained hydration. **CeraSport** and **CeraSport EX1** are fat-free, gluten-free and do not contain any added sugar. They rehydrate, giving you energy to enhance your performance without causing cramping or nausea. For more information, please visit www.ceraproductsinc.com.