MyPlate Nutrition Education Series: Men’s Health: Get the Facts to Feel and Look Better¹

USDA Center for Nutrition Policy and Promotion, with an Introduction by Linda B. Bobroff²

After introducing MyPlate in June 2011, USDA provided a series of one-page fact sheets to help consumers use the dietary advice of the Dietary Guidelines 2010. The USDA added new fact sheets in December 2011 and continued adding fact sheets in 2012, 2013, and 2014. These fact sheets are distributed by UF/IFAS Extension for Extension faculty, health professionals, and consumers.

This fact sheet is Men’s Health: Get the Facts to Feel and Look Better, and it can be found on the following page.

Figure 1.
Credits: http://choosemyplate.gov

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1. This document is FCS80069, one of a series of the Family, Youth and Community Sciences Department, UF/IFAS Extension. Original publication date May 2014. Visit the EDIS website at http://edis.ifas.ufl.edu.

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get the facts to feel and look better

10 tips for men’s health

Take charge of your eating habits by choosing the types and amounts of foods you need. Make your food choices a priority and be physically active so you can be the healthy man you want to be.

1 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, or lean meats; and dairy like 1% milk. You’ll get nutrients you need for good health—including magnesium, potassium, calcium, vitamin D, fiber, and protein.

2 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, canned, or frozen vegetables and fruits, lean meats, canned beans, and tuna or salmon. Find healthier heat-and-eat options to replace heating up a frozen pizza.

3 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 breads, pasta, and crackers; brown rice; and oatmeal instead of white bread, rice, or other refined-grain products.

4 build habits that don’t add pounds
Cut calories by skipping foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Cakes, cookies, candies, and ice cream should be just occasional treats. Use smaller plates to adjust the amount of food you eat.

5 water is your friend
Water is a better choice than many routine drink choices. Beverages can add about 400 calories a day to men’s diets. So limit high-calorie beverages, including those with alcohol. Skip soda, fruit drinks, energy drinks, sports drinks, and other sugary drinks.

6 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 at www.SuperTracker.usda.gov.

7 get beyond survival cooking
Start cooking more often. Try steaming vegetables, roasting a chicken, and making a tasty veggie sauce for spaghetti from scratch. Eating your own home-cooked meals allows you to control what and how much you eat.

8 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 fat as the first ingredient. Use SuperTracker’s Food-A-Pedia to compare more than 8,000 foods.

9 sweat is not bad
Be active whenever you can. Have friends or family join you when you go for a long walk, bike, or jog. Vary activities to stay motivated. Set a goal of 2½ hours or more of moderate physical activity a week. Include strengthening your arms, legs, and core muscles at least 2 days a week. Being active just 10 minutes at a time makes a difference.

10 fill your plate like MyPlate