



Nutrition 2000 for Men

Did You Know That . . .

- A man in his 50s who exercises regularly is likely to have more energy and a better sex life and be able to work longer hours than someone who doesn't?
- Five of the 10 leading causes of death are directly associated with diet ?



Nutrition research is revealing that men can live longer, healthier lives without giving up the foods they love. As scientists explore how the foods we eat affect health, they have discovered ways men and women can decrease risk of diseases. Let's take a look at the health risks of Kentucky men and move into the new millennium equipped with the latest methods of prevention.

Just the Facts...

- Heart disease is the #1 cause of death for Kentucky men.
- The percent of overweight Kentucky males increases each year.
- Over 2/3 of Kentucky men are not physically active.

Now for the good news...

- You can control many factors that affect your risk of heart disease.
- Physical activity can be a fun way to decrease your risk of becoming overweight.
- You can eat some great-tasting foods that are good for your health.



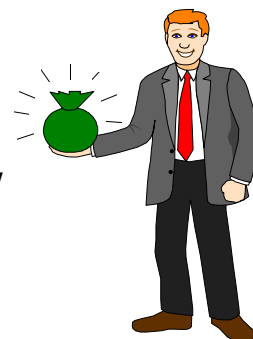
Read on to learn more about how you can eat your way to better health. You'll see the importance of physical activity in making your life healthier and happier.

Make an investment in your health for the year 2000.

Take action and try this winning plan:

1. Eat moderate amounts of a variety of foods.

You can still have your favorites, but control portion sizes.



2. Choose a diet low in fat, saturated fat, and cholesterol.

3. Invest in plenty of vegetables, fruits, grains, and low-fat dairy products.

4. Be cautious of sweets. They offer a low return of nutrients for a large calorie investment.

5. Become active.



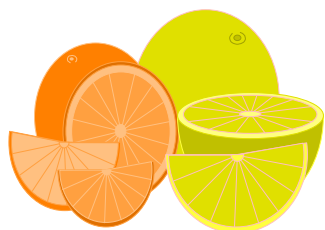
Heart Healthy



While heredity plays a big part in determining your risk of heart disease, research shows there are many things you can do to help keep your cardiovascular system in good shape.

Favor Folate

Several recent studies on the causes of heart disease have found that a high blood level of homocysteine is an important risk factor. Homocysteine is an amino acid made in the body and folate has been discovered to decrease its levels. It is believed that an adequate level of folate (RDA: 400mcg/day) is required to avoid high levels of homocysteine.



High sources of folate that provide at least 20 percent of the Daily Value of folate per serving:

Asparagus	Spinach
Broccoli	Strawberries
Beans	Squash

Good sources of folate that provide at least 10 percent of the daily value of folate per serving:

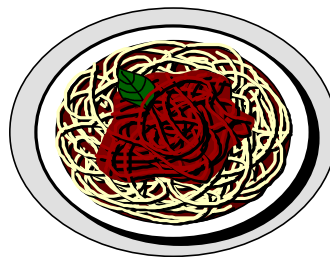
Artichoke	Greens	Orange
Cantaloupe	Grapefruit juice	Sweet potato
Cauliflower		

Start by trying to eat one good or high source of folate everyday.

Make a Mediterranean Meal

People who live in the Mediterranean countries have lower rates of heart disease. The Mediterranean diet is lower in fat and saturated and polyunsaturated fats but rich in monounsaturated fat and linolenic acid. This means people consume more olive oil, fish, fruits and vegetables. Adopt a Mediterranean diet, and decrease your risk of heart disease. Start by following these guidelines:

- Base your diet on grains - pasta, rice.
- Use olive oil in your cooking.
- Bulk up on soluble fiber - increase your bean intake.
- Eat a variety of vegetables.

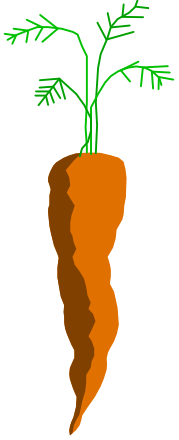


Shake High Blood Pressure

Just the Facts:

- High blood pressure can be a major contributing factor in arteriosclerosis (hardening of the arteries), heart attack, stroke, and kidney damage.
- Men are at a risk greater than women for high blood pressure until age 55; and from ages 20 to 34 men are much more likely to have high blood pressure than are women.
- The prevalence of hypertension among Kentucky adults increased 3.7 percent over just one year (1995-1996).

But there's no need to blow a gasket. Read on to learn about new ways to lower blood pressure.



*DASH Diet

A recent research study called DASH (Dietary Approaches to Stop Hypertension) was designed to test the effect of diet on blood pressure. DASH results show that a varied diet significantly lowers blood pressure. Rather than just limiting your salt intake, eat plenty of fruits and vegetables, fiber, low-fat dairy products, and choose lean meats or protein sources.

A healthy diet, not just salt intake, affects blood pressure.

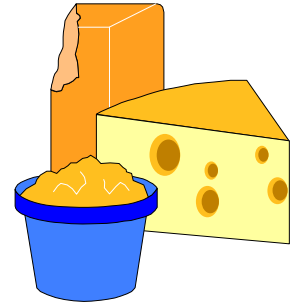
*Mighty Minerals

Calcium, magnesium, and potassium play an important role in regulating blood pressure. Fruits and vegetables, along with plenty of low-fat dairy products provide an abundant amount of these minerals.

How these minerals help:

- Calcium helps the body excrete extra sodium.
- Magnesium aids in stabilizing normal blood pressure.
- The ratio of sodium to potassium affects blood pressure level; high potassium intake decreases blood pressure.
- High potassium intake helps the body retain calcium.

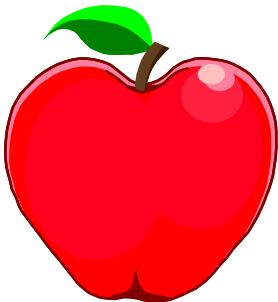
With advice from your physician, you may be able to control your blood pressure with diet. Start consuming more low-fat dairy products. They go beyond helping build strong bones and can help you keep your blood pressure under control.



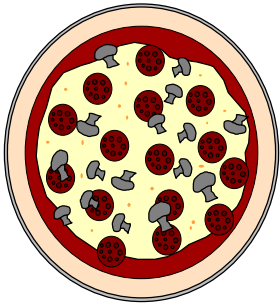
Cancer Control in 2000

The American Institute for Cancer Research found that 60 percent to 70 percent of cancers could be prevented when a healthful diet is coupled with smart lifestyle choices like exercising and not smoking. Here are some suggestions to help you decrease your risk of cancer.

5-A-Day



The advice to add more fruits and vegetables to your diet will continue to be heard in the new millennium. Only 17 percent of adult Kentuckians in 1996 ate five or more fruits and vegetables a day. Only 13 percent of males consumed this amount, compared to 21 percent of females. Fruits and vegetables not only contribute to a healthy diet but provide the body with all types of disease-fighting components, many of which may help combat cancer.



Tomatoes and Soybeans

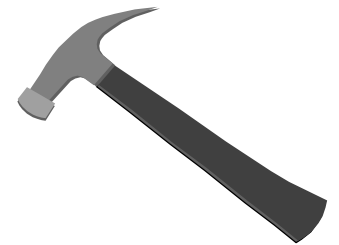
After analyzing 72 previously published studies, the *Journal of the National Cancer Institute* concluded eating lots of tomato products reduces cancers of the prostate, lung, and stomach. Lycopene, the chemical in tomatoes responsible for the red color, is thought to be the major factor. This potent antioxidant is more available in cooked tomatoes, so add some extra sauce to your next pizza.

A cancer fighting agent has also been discovered in soybeans. The incidence of prostate cancer is significantly lower in Asia than North America, and the difference may be due to the level of isoflavones in the diet. Isoflavones have anti-cancer properties and can be found in a wide range of soy products. Try adding tofu, soy milk, or soy flour into your diet. Soy products are commonly used in Asian cuisine. So try some Chinese or Thai food to add variety and soy foods to your diet.

Build a Better Diet

Have you ever thought about taking up cooking? It is a way to become more active and control your diet. A survey of more than 1,200 American men revealed that only 27 percent of men participated in meal preparation compared with 90 percent of women. And everyone loves a man who can cook.

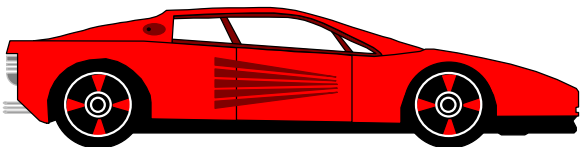
Do you say you can't cook? Well, nobody really cooks anymore anyway. We "assemble" our foods by combining already-prepared items from the deli or grocery that are healthy and pleasing. Give it a little thought, and you can do it too.



Jump Start Your Life



Become more active. This does not mean you have to spend endless hours in the gym, but you can make small changes like choosing to use stairs or by taking brief walks. Physical activity is also an excellent way to combat weight problems.

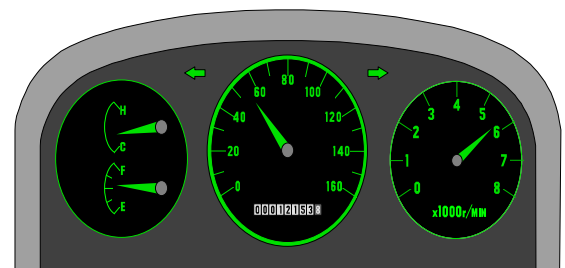


Advice for Action

Stop treating your body like an old rusty car; trade it in for a new one so you can cruise into the 21st century.

Start putting your body in drive by taking daily strolls for exercise. You will feel more energetic and be able to maintain or achieve a healthy weight.

Healthy eating will help you get better gas mileage and



last longer. The right fuel includes adding 5-A-Day to your diet and following the Food Guide Pyramid. Try premium fuels like fiber, soy products, and low-fat dairy products. Treat your vehicle right and you may avoid breakdowns like heart disease, high blood pressure, and cancer.

Don't forget to read the instruction manual carefully and monitor your intake. The nutrition facts on food labels are an excellent way to check whether or not you are getting the amount of nutrients you need.

Just as a car needs a special treat like a good washing or wax job, on occasion you deserve one too. Have dessert or your favorite fast food, but remember to watch portion size.

You CAN make the changes to enjoy a longer, healthier life.

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