10 tips for men’s health

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.**