

# Men's Health

Did you know men's nutrition needs change throughout adult life? Every decade has its set of unique highlights and, of course, challenges. Determine how to boost your health and wellness, no matter what your age, by following these brief tips:

## ENERGY AND PERFORMANCE

In your 20s you are busy bouncing between work, school and play. You burn a lot of calories and are able to get away with eating and drinking more without packing on the pounds. If you are looking to maintain energy and performance, good nutrition is key. Make those calories count. Active men need enough protein to support their lifestyle. Choosing leaner options such as fish, chicken, turkey, beans, soy, nuts, and seeds gives you the high-quality protein your body needs to replenish and restore. Spreading your protein throughout the day by eating protein at each meal helps your body best absorb it.

## FAMILY PLANNING

In your 30s and 40s you find yourself balancing more responsibility and family. There is less time to be active, but your appetite doesn't decline. This can lead to weight gain if you don't watch eating and exercising habits. Additionally, lifestyle can also impact fertility, which is equally as important for men and women who are planning a family. Smart food swaps such as making half of your plate fruits and vegetables, choosing whole grains, and low-fat dairy can help to cut calories while adding important vitamins and minerals. Limiting alcohol to no more than 2 drinks per day, avoiding smoking, and adding exercise can also support healthy conception. Exercising for 30 minutes 5 days per week is a good goal, but you can get started with just 10 minutes per day.



## DISEASE FIGHTING

In your 50s and beyond, many health concerns come to light. Controlling your risk for developing chronic diseases like heart disease involves careful attention to lifestyle choices, and often some adjustments need to be made. Fiber is one of the best tools in the heart health toolbox. Soluble fiber, naturally rich in many beans, fruits, vegetables, and whole grains like oatmeal acts like a broom in the body. It attaches to “bad” LDL cholesterol and sweeps it out, working to lower cholesterol levels. Additionally fruits and vegetables contain vitamins, minerals, and antioxidants which help to fight inflammation and support blood flow. The goal is to get 38 grams of fiber per day. When shopping check the nutrition label. Foods providing 5 grams of fiber per serving are great sources.

## MAINTAINING QUALITY OF LIFE

Healthy eating can help to keep your body strong, allowing you to continue the activities you enjoy and value. As you age it becomes harder to build and maintain muscle and bone, which are important to prevent falls and fractures. The body requires more of key nutrients that impact bone and muscle health, such as vitamin D, calcium, and protein. One of the best ways to protect your body is ensuring you are getting enough of these nutrients. Good sources include eggs, fish, low-fat dairy and calcium/vitamin D fortified orange juice, and cereal. Eating 2–3 servings of fatty fish per week can also boost brain and heart health. You should also begin or continue to do weight-bearing exercises twice weekly.



## ADDITIONAL RESOURCES

For support from a registered nurse or wellness coach or to ask questions, please call a Blues On Call<sup>SM</sup> health coach at **1-888-BLUE-428**.

Log in to the member website listed on the back of your member ID card.

- Click on the **Wellness** tab.
- Click on **Additional Resources** on the left.
- Click on **Health Topics** under **WebMD health information** to search health topics or use the medical encyclopedia to review health issues.

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