



Living Longer and Healthier

There is a crisis in men's health.

Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women.

Men die at higher rates for the top causes of death. This includes deaths from cancer, diabetes, suicide, and accidents; and diseases of the heart, kidney, and liver.

Take control of your health by exercising, eating right, and visiting your doctor regularly.

Resources

Blueprint for Men's Health

www.blueprintformenshealth.com

Fruits & Veggies, More Matter Centers for Disease Control and Prevention

www.fruitsandveggiesmatter.gov

Kids Eat Right

www.KidsEatRight.org

Let's Move - Eat Healthy

www.letsmove.gov/eat-healthy

Men's Health Library

www.menshealthlibrary.com

My Plate, U.S. Department of Agriculture

www.choosemyplate.gov

Nutrition Information

www.nutrition.gov

Start!, American Heart Association

www.startwalkingnow.org

Want to learn more?

For more information on health topics, consult with your health care provider.



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REAL MEN

EAT a lot.
SIT a lot.
WEIGH a lot.

*And die a lot younger than
the women they love.*



But real men can change.

Your Healthy Living Game Plan

MHN Men's Health Network™
www.menshealthnetwork.org

Your Healthy Eating Game Plan

Don't Forget to Move a Little

- 1. Eat Breakfast** — A good breakfast starts your metabolism and sets the tone for your day.

Game Plan: Try whole grain cereal with fruit on top, or grab a yogurt or healthy granola bar for the road.

- 2. Eat at least 1 Fruit & Vegetable at Every Meal** — Fruits & vegetables are the nutritional super-stars.

Game Plan: Keep fruits and vegetables on the counter or at the front of the fridge so you're more likely to see and eat them.



- 3. Less is More — Ingredients that is** — As author Michael Pollan says, “If your grandma wouldn't recognize it as food, you probably shouldn't eat it.”

Game Plan: Avoid the middle aisles of the grocery store and you'll buy healthier foods.

- 4. Variety is the Spice of Life** — Eating many different types of foods helps ensure you're getting all the vitamins and minerals you need.

Game Plan: Buy one new fruit or vegetable every time you go to the store to mix it up.

- 5. Stop the Super-Sizing** — Portion sizes at most restaurants are not healthy. In fact, they are 3-5 times larger than a healthy size. A healthy serving of meat is the same size as a deck of cards. A healthy serving of pasta is about the size of your fist.

Game Plan: Take half of your next restaurant meal home in a to-go box. You'll have a great lunch the next day and save cash!

- 6. Cut Back on Red Meat** — Too much red meat clogs your arteries. Not good.

Game Plan: Go meatless on Mondays. Challenge yourself to create a great meal without meat.

- 7. Whole Grains, Whole Grains, Whole Grains** — Whole grains will fill you up more than foods like white bread because they have more fiber.

Game Plan: Have a few pieces of whole grain toast for breakfast tomorrow.

- Take a walk or do desk exercises instead of a cigarette or coffee break at work.
- Keep a pair of comfortable walking or running shoes in your car and at work.
- Choose physical activities you love.
- Break up your physical activity into 10-15 minute spurts throughout the day.
- Walk instead of drive when you can.
- Do yard work.
- Join an exercise group.
- Stay active in the winter — play with your kids.
- Take the stairs instead of the elevator.

What's in it for Me?

Adopting just a few of these healthy eating and getting active tips can add years to your life and life to your years. Get started today!

