



Nourish

ISSUE 101

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June is Men's Health Awareness Month

We all have important men in our lives. You might be a male yourself. What are some health considerations for men?

- About 72% of men do not meet the physical activity guidelines, and 39% of men ages 20 or older are considered obese. A majority of men 18 and older have high blood pressure.

Here are some questions for males to ask themselves. Most of these are important for any adult.

Yes or No?

- Do you schedule regular checkups? Be sure to let your health care provider know your health concerns, history and lifestyle.
- Do you know your numbers for blood pressure, blood cholesterol level and blood glucose?
- Have you been checked for prostate cancer, lung and/or colon cancer?
- Do you get 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity every week? Physical activity strengthens your muscles, heart and lungs, and it can improve your mood.
- Do you pay attention to your food and beverage consumption? For example, do you eat at least five servings of fruits and vegetables daily? Do you focus on whole grains? Do you stay hydrated with water rather than caloric beverages such as soda?
- Do you have a support system of friends and family? Social connections are important for well-being.
- Are you aware of resources in your community if you are concerned with your mental health?

How did you do? "Yes" answers mean you are doing many things to support your overall health.

Set a goal for one or two areas and place a reminder on your refrigerator or door.

Check out some resources:

- [Healthwise for Guys](#) from NDSU Extension.
- [Cancer and Men](#) – CDC.



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Question

I heard that whole milk is recommended in the new Dietary Guidelines. Is it better for me? I have a friend who cannot consume dairy because of lactose intolerance – what should he do?

Milk is an excellent source of protein and 13 essential nutrients. Calcium and vitamin D, for example, are important for bone health maintenance, muscle growth and repair, immune support, and much more. Among children, milk is important for brain development. On average, three servings (1 cup per serving) are recommended.

Different types of milk – whole, low-fat and skim – mainly differ in the amount of fat and calories they contain. The other nutrients remain the same. Low-fat milk has fewer calories, and less fat and saturated fat than whole milk. One cup of whole milk has 150 calories with 8 grams of fat and 5 grams of saturated fat.

We are advised to limit our saturated fat to 10% of total calories. Flavored milks, such as chocolate, are higher in added sugars, but they are a good recovery beverage after workouts. Balance your food intake with your calorie needs.

If you cannot consume dairy, many plant-based alternatives are available, including soy, almond, coconut and oat milk. Read the labels to compare nutrition information.



Elena Medoks_istockphoto



June is National Dairy Month, so try some recipes featuring dairy or an alternative.

Here's a pick-me-up after playing outdoors.

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Peanut Butter Banana Smoothie

1 frozen banana
1 container (6 ounces) vanilla yogurt
1/2 cup nonfat milk
1 tablespoon smooth peanut butter
1/2 teaspoon cocoa powder (optional)
1 teaspoon chia seeds (optional)
3 ice cubes (optional)

Cut fresh banana into 4-6 chunks. Place in a tightly sealed container or zippered bag. Freeze for at least 4 hours. Place frozen banana, yogurt, milk, peanut butter and optional ingredients in a blender or food processor. Blend until smooth.

Makes two servings. Each serving has 190 calories, 4.5 grams (g) fat, 7 g protein, 33 g carbohydrate, 2 g fiber and 100 milligrams sodium.