

# Nutrition for Men's Wellness

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# Men's Health Concerns?



- Heart Disease?
- Cancer?-specifically lung and prostate
- Diabetes?
- Energy Loss?
- Muscle Strength?
- Belly fat?
- Sleep apnea?
- Metabolic Syndrome?

# Be Strong with Good Nutrition!!

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# Defensive Plays



- Consider Lung Cancer which often becomes well advanced before symptoms occur.
  - Eating plant-based diet and moving more= first defense against Cancer.
- Consider Colon Cancer, Diabetes and Heart Disease
  - High fiber foods shows convincing evidence to prevent colon cancer, help us maintain healthy weight, control Diabetes and Heart disease

# Increase Fiber in Diet



High fiber foods include:

raw vegetables and salad

raw fruit esp. those with skin

beans/lentils

multigrain/whole grain breads and cereals.

Nuts and seeds



# Defensive Plays



- Manage blood pressure, stroke risk, reduce risk of kidney disease with foods high in potassium like citrus fruit, sweet potatoes, tomatoes, and beans
- Replace salt in foods with healthy spices and herbs to control blood pressure and certain cancers like stomach cancer. **Eat at home restaurant food =High Salt**
- **Limit or avoid processed foods; anything boxed, many frozen entrees=high salt**

# Where to start with Herbs/Spices



- Use herbs and spices for flavor versus salt; Dry rubs work nicely think about a global flavor print you like:
  - Italian-garlic, basil, oregano, parsley red pepper flakes, nutmeg, fennel seeds, rosemary
  - French-tarragon, parsley, thyme, rosemary, nutmeg, green peppercorns
  - Spanish-saffron, paprika, garlic, cumin, parsley



- Greek-oregano, mint, garlic, cinnamon, dill, nutmeg
- Indian-red pepper flakes, chiles, saffron, mint, cumin, coriander, garlic, turmeric, nutmeg, cinnamon, ginger, dill, cloves,
- Mexican-chiles, oregano, cumin, sesame seeds, cinnamon, cilantro

**Pick few spices from list to start**



# Defensive Plays



- Replace Saturated fat with Heart-Healthy fats: (olive, olive oil, canola oil, avocado, walnuts, almonds, seeds, nut butter, sesame seed oil) reduces heart disease along with Cancer risk, stroke risk, and reduces inflammation
- Use chicken, fish, turkey, seafood
- **AVOID PROCESSED MEATS**-Salted, cured meat associated with cancer and heart dx.

# Defensive Plays



- Prostate Cancer: factors that increase risk of PC = eating a high fat diet, being obese, consuming high amount of dairy, consuming saturated fats and eating grilled (BBQ) meats
- High fat dairy and high calcium intake risk factor
- Defensive play=choose low fat diet, high in fiber; eat more cooked tomatoes and citrus



- Men on Androgen Deprivation Therapy are at risk for glucose impairment and insulin resistance; management includes exercise, high fiber/low glycemic foods, limit simple and added sugars
- Interesting research includes looking at gut microbiome in reducing cancer risk and avoiding BPA chemical in plastics and canned goods

# Defensive Plays



- As men age, become less active, loose muscle, and gain fat = slows metabolism.
- To increase metabolism:
  - exercise 30-45 minutes daily
  - do resistance exercise to build muscle.
  - Avoid skipping meals, better to eat small frequent meals
  - include high protein food at each meal and snack
  - Get 8 hours of sleep

# Protein to build muscle



- When rebuilding muscle consume about 21-30g (or about 3-4 ounces) protein per meal 3-4 times per day for best results. Especially after workout;
- As a quick reference you need about  $\frac{1}{2}$  your body weight in grams of protein (200lb man needs about 100grams protein per day)
- 4-4oz protein servings throughout the day is better than 1 16 oz portion.

Consider typical fast food meals-For fat and salt they provide almost a whole day's allowance.



	<b>Calories</b>	<b>Sat. Fat</b>	<b>Total Fat.</b>	<b>Sodium</b>
<b>Burger and Fries</b>				
McDonald's	920	12.5	48	1,310
Wendy's	950	14.5	47	1,700
Sonic	956	14	44	1,575
Jack in the Box	983	15	53	1,871
Fatburger	1,050	16	51	2,140
In-N-Out	1,070	23	59	1,685
Carl's Jr.	1,090	17	60	2,110
Burger King	1,110	15.5	62	1,650

# Attack Inflammation



- Inflammation is now linked to majority of chronic health concerns. Inflammation is the Enemy!
- Inflammation promotes cancer growth, and damage to blood vessels.
- Many foods offer anti-inflammatory function in the body. Eating a *wide variety* of *colorful* plant foods is the starting point.

# Attack Inflammation



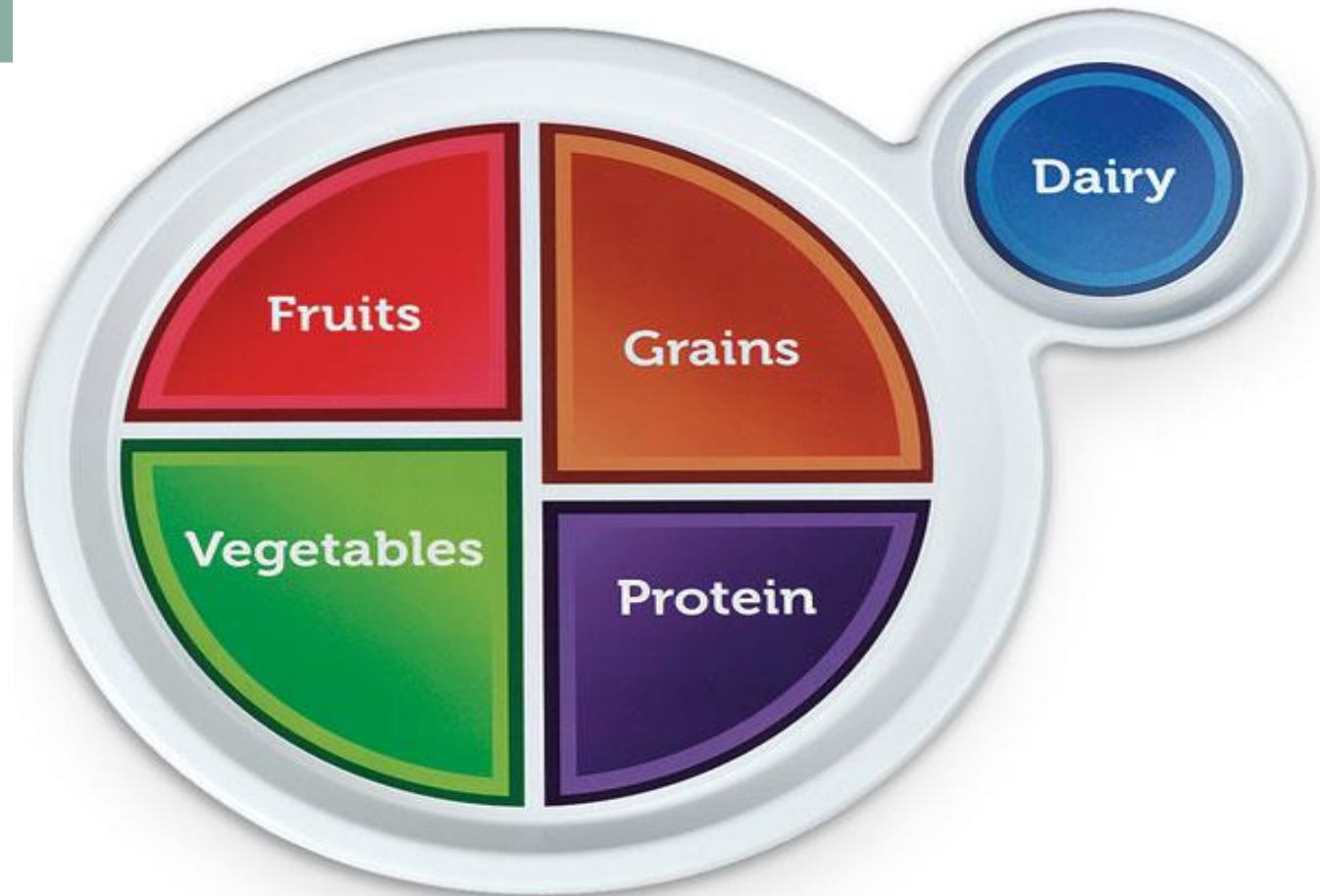
- Include a substantial portion of one or more vegetables and fruits on your plate.
- Eat five or more servings every day of a variety of colorful vegetables and fruits.
- Use color code system to choose variety of produce. Eating 1 food from each category provides variety and abundance for good health
- These foods are naturally low calorie, and good sources of *phytochemicals*.



# What are Phytochemicals?



- They provide plants with protection from disease as well as their color, odor and flavor.
- Research shows they can influence the chemical processes inside our bodies in helpful ways. Phytochemicals have the potential to:
  - Stimulate the immune system
  - Block substances we eat, drink and breathe from becoming carcinogens
  - Reduce the kind of inflammation that contributes to damage to vessels (heart dx risk), damage to cells (cancer risk), and damage to kidneys and other organs
  - Prevent DNA damage and help with DNA repair
  - Reduce the kind of oxidative damage to cells that can spark cancer
  - Slow the growth rate of cancer cells
  - Trigger damaged cells to commit suicide before they can reproduce
  - Help to regulate hormones



For Men only: Dairy should be limited to about 2 servings per day; avoid calcium supplement unless recommended by MD.



# Healthy Options at Popular Restaurants



- McDonald's- Grilled Chicken sandwich or Southwest salad with grilled chicken
- Olive Garden-light fare menu like Herb grilled salmon with veggie side and pasta fagioli soup
- Applebee's Under 550 calorie menu like Grilled Jalapeno Lime Shrimp
- P.F. Change's steamed Buddha's Feast with brown rice.

# Healthy Options at Popular Restaurants



- Subway good choice is 6-inch Turkey Breast with Avocado and Spinach on 9-grain bread, loaded with vegetables .
- Taco Bell FRESCO chicken or steak soft tacos and side black beans or fresco style bean burrito

# How to Eat Well when Dining Out



- ❖ Ask how foods are prepared so that you can make the healthiest choices:
  - choose steamed, grilled, or broiled dishes rather than fried or sautéed.
  - Put the dressing on the side
- ❖ Opt for a double serving of steamed vegetables and skip the loaded baked potato, or other starchy side dishes.
- ❖ Eat SLOWLY and SAVOR your meal.

# Some of the Best Foods...



- Shellfish, turkey, chicken, nuts, and seeds as source of zinc and quality protein good for muscle, heart, and sperm count
- Salmon and fatty fish 2-3 times per week for healthy omega-3 fats
  - Flaxseeds have been studied related to reduced risk for prostate cancer





- Tomato sauce/cooked tomatoes for lycopene reduces prostate Ca risk
- Citrus



- Orange vegetables-pumpkin, carrots, sweet potatoes, and peppers protect eyes and fight cancer





# Some of the Best Foods...



- Leafy greens (spinach, collards, mixed green) for lutein, magnesium, and folate also protect eyes and improve blood flow.



- Cherries, berries and pomegranates fight inflammation



# Some of the best foods...



- Avocado-monounsaturated fats lower cholesterol, fight inflammation and fight belly fat.
- Ginger is anti-inflammatory
  - reduce muscle pain
- Beans, peas, lentils, edamame, soy- high in fiber, folate, other vitamins, and protein
- Green tea as antioxidant



# Be Strong with Good Nutrition!

