



FOODS

FOR A HEALTHIER LIFESTYLE

| EAT LESS | EAT MORE |
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| <p>Cheese and fried foods</p> <p><i>These foods raise your “bad” cholesterol and put you at higher risk for heart disease.</i></p> | <p>Fruits and vegetables</p> <p><i>Eat two cups of fruits and 2½ cups of orange and green leafy vegetables each day</i></p> <p>Cherries Ginger Brazil nuts Avocados Berries Tomato sauce Bananas</p> |
| <p>Refined grains</p> <p><i>They can lead to a spike in insulin and have been linked to diabetes.</i></p> | <p>Whole grains</p> <p><i>The average man needs as much as 35 grams/day.</i></p> |
| <p>Red meat</p> <p><i>Keep it lean and do not eat it daily. Excessive meat eating is linked to heart disease and colorectal and prostate cancers in men.</i></p> | <p>Fish and shellfish</p> <p><i>Add beans, lentils, tempeh, tofu and other plant-based proteins.</i></p> |
| <p>Sugar and high-fat sweets</p> <p><i>Watching the sugar in your diet can help control your weight and potentially avoid serious chronic health problems like heart disease and diabetes.</i></p> | <p>Fiber-rich foods</p> <p><i>Men under age 50 need at least 38 grams/day; men over 50 need 30 grams/day. Dark chocolate: Reasonable amounts can have health benefits such as lower blood pressure.</i></p> |
| <p>Saturated fats, full-fat dairy foods, butter and oils</p> <p><i>Eating foods that contain saturated fats raises the level of cholesterol in your blood. High levels of low-density lipoprotein cholesterol increase your risk of heart disease and stroke.</i></p> | <p>Unsaturated fats such as certain oils, nuts and homemade salad dressings</p> |

MORE HEALTHY EATING TIPS FOR MEN:



Consider one to two meatless meals per week

Get 3,400 milligrams/day of potassium from fruits, vegetables, fish and milk

Eat less highly processed foods

Add at least 2 cups of fruits and 2½ cups of vegetables to your diet

Eliminate full-fat foods; switch to unsaturated fats such as oil-based salad dressing and nuts



Mark your calendar and participate in the National Wear Blue Day on Friday June 19. Wear blue to show your support for men's health awareness, and then share your photos on the MyHealth Connections Facebook page.



BlueCross BlueShield
of Illinois

Visit your primary care physician.

Learn about insurance coverage for medical tests and screenings for men.

Log into Blue Access for Members (BAM) at bcbsil.com.

Click [Doctors & Hospitals](#) to compare costs and find providers.



Sources: Academy of Nutrition and Dietetics; American Heart Association; health.harvard.edu; healthline.com; MedicineNet.com