

5 super foods to support men's health.

2018
June
Men's Health

Worried about the health risks of an expanding waist? Check out these foods that can help men improve their health and prevent disease.



Avocados

Sure, this creamy fruit is high in fat, but it's the good kind. The monounsaturated fat in avocados packs a punch against cholesterol.



Bananas

The banana is celebrated for its bounty of potassium. Potassium is critical for muscle contractions and bone health.



Pistachios

Nuts provide protein, fiber, and zinc while satisfying the urge for a salty snack. Pistachios are higher in plant sterols that can improve cholesterol levels.

Berries

Berries can improve your mental and physical health. They're loaded with antioxidants that help lower the risk of cancer.



Salmon

Fatty fish like salmon is an excellent source of healthy fat known as omega-3 fatty acid. These protect against heart disease, the top killer of men in the U.S.



2018 June Men's Health

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

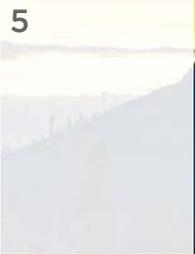
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2
Start this month by focusing on your health goals. Write your three new health goals to the left.

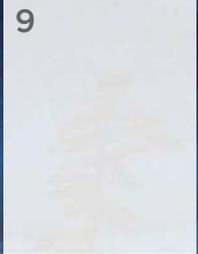
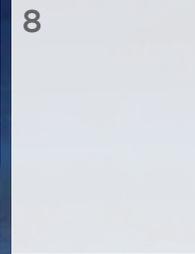
3
Try healthy alternatives to give your favorite dishes a new twist.

[Start with this healthy recipe.](#)



6
Enjoy the warm weather outside by taking a hike with friends or family.

Learn more [here](#).

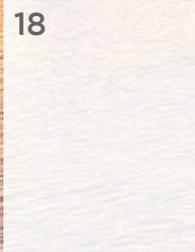
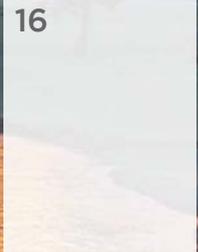


11
Put on bug spray before going outdoors to prevent bug bites.

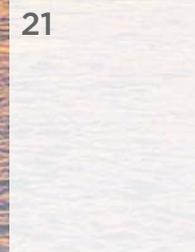


14
Move your exercise outside this weekend and enjoy nature.

Learn more [here](#).

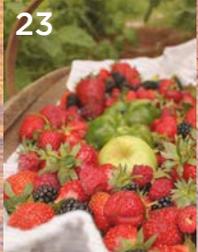


19
When exercising in hot weather, protect your skin by wearing sunscreen.



22
Enjoy your favorite fruit or veggies while on a picnic this weekend.

Learn more [here](#).



24
Did you meet your health goals this month? Check them above.



28
Who is in your support group? Take a 10-minute break to talk to someone you care about today.

