



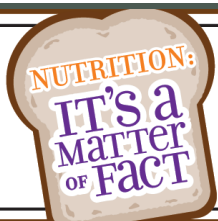
Men's Health: Fact vs. Fiction

One diet does not fit all. Men and women have different nutritional needs and body types. Up to about age 10, caloric needs for boys and girls are about the same, but then puberty triggers change.

- MYTH:** Men and women have the same energy needs.
FACT: Adult men usually have less body fat and 10 percent to 20 percent more muscle than women of the same age and weight. That's one reason why men's basic energy needs are higher.
- MYTH:** Eating healthfully means avoiding my favorite foods, like steak and potatoes and eggs.
FACT: The most important factor when planning a healthful diet is moderation. Follow the recommendations of *The Dietary Guidelines for Americans* and MyPyramid, and consult with a registered dietitian to learn how to include all your favorite foods as part of a healthful lifestyle.
- MYTH:** Only women get eating disorders.
FACT: Anyone can develop an eating disorder regardless of gender, age, race or social status. While the majority of those suffering from anorexia or bulimia are women, disordered eating among males is increasing.
- MYTH:** Men's nutritional habits do not affect a couple's ability to conceive a baby.
FACT: Men and women share responsibility when trying to conceive. Smoking, alcohol, drug abuse and obesity are associated with decreased production and function of sperm. Eating foods high in zinc, folate, carotenoids and vitamins E and C may help protect sperm from damage by free radicals. These foods include spinach, beans, whole grains, almonds and broccoli.
- MYTH:** A "beer belly" caused by drinking too much is not a serious health concern.
FACT: While women often put on extra pounds in the hips, thighs and legs, men are more likely to gain belly fat. There is a link between drinking excess alcohol and gaining belly fat, but taking in excess calories from any food will result in weight gain. Weight gain of any kind can put you at an increased risk of disease including diabetes, some types of cancers, high blood pressure and sleep apnea.

NUTRITION: IT'S A MATTER OF FACT

National Nutrition Month® is a nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.



NATIONAL NUTRITION MONTH®

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