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A national observance to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living behaviors, such as exercising and eating healthy. According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and die at higher rates from the 3 leading causes; heart disease, cancer and unintentional injuries.

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Men’s Health

Do you know the greatest threats to men’s health? The list is surprisingly short. The top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke, according to the Centers for Disease Control and Prevention. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers.

Take charge of your health by making better lifestyle choices. For example:

**Don’t smoke:** If you smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution and chemicals, such as those in the workplace.

**Eat a healthy diet:** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.

**Maintain a healthy weight:** Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.

**Get moving:** Exercise can help you control your weight, lower your risk of heart disease and stroke and possibly lower your risk of certain types of cancer. Choose activities you enjoy, such as sports leagues, playing with your kids, or brisk walking. All physical activity benefits your health.

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Don’t wait to visit the doctor until something is seriously wrong. Your doctor can be your best ally for preventing health problems. Follow your doctor’s treatment recommendations if you have health issues, such as diabetes, high cholesterol, or high blood pressure. Also, ask your doctor about when you should have cancer screenings, immunizations and other health evaluations. Understanding health risks is one thing. Taking action to reduce your risks is another. Start by making healthy lifestyle choices. The impact might be greater than you’ll ever know.

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International Yoga Day

What is Yoga?
It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Yoga does more than burn calories and tone muscles. There are different types of yoga. Some are fast paced and intense and some are gentle and relaxing. Yoga is low impact, it can be done inside or outside. You don’t need to go to a class to practice yoga, you can also follow along with videos at home.

Benefits of Yoga: There are many benefits of a regular practice.
*Mind Body approach to health that is relaxing and energizing.
*Flexibility for all ages and abilities, good for those with arthritis.
*Strengthens muscles, protects against injury.
*Improves posture.
*Reduces pain level.
*Supports a healthy immune system.
*Good for bone health, reduces risk for osteoporosis as it is considered a weight bearing activity.
*Increases your blood flow. Increased oxygen to your hands and your feet.
*Helps lower blood pressure.
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*Lowers blood glucose.
*Can help with memory and focus

“Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.” — Narendra Modi

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Discussion about sexual concerns: Erectile dysfunction (ED), or difficulty getting or maintaining an erection, is relatively common among older men. You should let your healthcare provider know if you have ED both because it can be treated and because it can be an early warning sign of heart and artery disease.

Other screening tests: As recommended by your healthcare provider.
The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood sugar. Using this method, you can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. All you need is a plate.

To start out, you need a plate that is not too big. The size of our plate usually determines the size of our portions, so you want to start with a reasonably sized plate—we recommend about 9 inches across.

If your dinner plates are larger than this, try using a smaller salad or dessert plate for your meals. Or, if your dinner plates have a lip or artwork inside the edge, use that as a border for filling your plate.

1. Fill half your plate with nonstarchy vegetables

Nonstarchy vegetables are lower in carbohydrate, so they do not raise blood sugar very much. They are also high in vitamins, minerals, and fiber, making them an important part of a healthy diet. Filling half your plate with nonstarchy vegetables means you will get plenty of servings of these superfoods.

**Examples of nonstarchy vegetables:**
- Asparagus
- Leafy greens such as kale, collards, Swiss chard
- Broccoli or Cauliflower
- Mushrooms
- Brussels Sprouts
- Okra
- Cabbage (green, red, bok choy)
- Green beans, snow peas, sugar snap peas
- Carrots
- Peppers such as bell and hot
- Celery
- Salad greens such as lettuce, spinach, arugula, endive and others
- Cucumber
- Squash like zucchini, yellow and spaghetti squash
- Eggplant
- Tomatoes

2. Fill one quarter of your plate with lean protein foods

Foods high in protein such as fish, chicken, lean beef, soy products, and cheese are all considered “protein foods”.

Protein foods (especially those from animal sources) usually contain saturated fat, which may increase your risk of heart disease. Lean proteins are lower in fat and saturated fat, making them a healthier choice.

Keep in mind that some plant-based protein foods (like beans and legumes) are also high in carbohydrates.

**Examples of lean protein foods:**
- Chicken, turkey, and eggs
- Fish like salmon, cod, tuna, tilapia
- Shellfish like shrimp, scallops, clams, mussels, lobster
- Lean beef cuts such as chuck, round, sirloin, flank or tenderloin
- Lean pork cuts such as center loin chop or tenderloin
- Cheese and cottage cheese

3. Fill one quarter of your plate with carbohydrate foods

Foods that are higher in carbohydrate include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk. These foods have the greatest effect on blood sugar.

Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals.

**Examples of Carbohydrate foods:**
- Whole grains such as brown rice, bulgur, oats/oatmeal, polenta, quinoa, and whole grain products (bread, pasta, tortillas)
- Starchy vegetables such as acorn squash, butternut squash, green peas, parsnips, plantain, potato, pumpkin, and sweet potato/yam
- Beans and legumes such as black, kidney, pinto, and garbanzo beans
- Fruit and dried fruit
- Dairy products like milk, yogurt and milk substitutes (i.e. soy milk)

4. Choose water or a low-calorie drink

Water is the best choice because it contains no calories or carbohydrates and has no effect on blood sugar.

**Other zero- or low-calorie drink options include:**
- Unsweetened tea (hot or iced)
- Unsweetened coffee (hot or iced)
- Sparkling water/club soda
- Flavored water or sparkling water without added sugar

**What about combination foods?**

Our meals don’t always fit neatly into the sections of the plate. Many dishes combine the different food types together, like soups, casseroles, sandwiches, pizza, pasta, etc.

You can still use the plate method when preparing and portioning combination foods. Just identify the different foods in the dish and think about where they would fit in the plate.

For example, in a slice of pizza, the crust would be the carbohydrate food, the cheese and any meats on top would be the protein foods, and the tomato sauce and any vegetables on top would be the nonstarchy vegetables.

Try to prepare combination dishes with the same proportions as the plate. So, to build a pizza using the plate method, choose thin crust to reduce the portion of carbohydrates and top it with lots of vegetables instead of meat (or choose a lean meat). Stick to just 1 or 2 slices and serve with a side salad so that half your meal is nonstarchy vegetables.
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**Hawaiian Turkey Burgers**

**Ingredients:**
- 4 slices of fresh pineapple (save 1/4 cup pineapple juice)
- 1/2 C plain bread crumbs
- 1/2 C fresh scallions or sweet onion, finely chopped
- 1/2 C red bell pepper, finely chopped
- 1 lb. lean ground turkey
- 1/4 C lower sodium teriyaki sauce
- Try recipe found below!
- Reduced fat cheddar cheese slices
- 4 whole wheat/whole grain burger buns

**Directions:**
- Preheat the grill to medium high heat. Combine bread crumbs, scallions, bell pepper, 1 TBSP teriyaki sauce and 1/4 cup pineapple juice. Thoroughly mix ingredients. Add ground turkey and mix again. Make burger patties by dividing the mix into 4-6 equal portions.
- Cook your burgers on the grill for 3 minutes on each side. Brush occasionally with additional teriyaki sauce.
- Once the burgers have reached their internal temperature of 160-165 degrees, they are cooked. If desired, add cheese slices and grill your burger buns. Top with your favorite toppings and ENJOY!

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**Quinoa Salad**

**Ingredients:**
- 1 C uncooked quinoa + 2 cups water
- 1 can chickpeas, rinsed and drained
- 1 C grape tomatoes, cut in half
- 1 colored bell pepper, seeded and chopped
- 1/2 cucumber, washed and chopped
- 1/4 C chopped red onion
- 1/4 C chopped fresh flat leaf parsley
- 1/2 C crumbled reduced fat feta cheese
- 1/2 C Greek Dressing more or less to taste

**Directions:**
- In a saucepan, heat quinoa, water and bring to a boil; reduce heat.
- Cover and simmer 10 minutes or until quinoa is tender. Cool at least 30 minutes. In a large serving bowl toss quinoa, vegetables and parsley until mixed. Top with feta cheese and salad dressing when ready to serve.
- Save leftovers in an airtight container for up to 3 days in the refrigerator.

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**Greek Vinaigrette Dressing**

**Ingredients:**
- 1/2 C olive oil
- 1 tsp of each: garlic powder, dried oregano, dried basil, black pepper, onion powder, Dijon mustard
- 2/3 C red wine vinegar

**Directions:**
- In a container, mix together the olive oil, herbs, and mustard. Pour in the vinegar and mix until well blended. Store tightly covered in the refrigerator for up to 2 weeks.
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Ohiarí:ha/June 2021

Tsitewatakari:tat—Let’s Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655
518-358-9667

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