

Information for Healthy Living

A newsletter to keep you healthy and informed.

June, 2016

Recipe Corner

Baked Sweet Potato Fries

Sweet potatoes are one of the best sources of vitamin A, making them an antioxidant powerhouse. Their health value includes anti-aging benefits, cancer prevention and the maintenance of good eyesight.

Ingredients:

- 2 medium sweet potatoes, rinsed and dried
- 2 Tbs. vegetable oil
- 2 tsp. smoked paprika
- 1 tsp. coarse salt
- 1 tsp. garlic powder
- 1 tsp. freshly black pepper
- ½ tsp. ground cumin
- ¼ tsp. cayenne (optional)

Directions:

1. Preheat oven to 450 degrees.
2. Cut the potatoes into 1/4" thin strips.
3. Mix all other ingredients together in a large bowl and toss with the potatoes until evenly coated.
4. Place potatoes on a large baking sheet covered with parchment paper. Spread the potatoes in a single layer.
5. Place in the oven and cook for 25 -30 minutes, turning the fries once or twice during that time to cook evenly.
6. Remove when the edges begin to brown and fries begin to crisp.

Serves 4

Taking Control of Your Health

Manage Your Health, Lower Your Health Risk

Low Testosterone in Men

Guys may like to make jokes about testosterone, but low testosterone is no laughing matter. The latest research suggests that guys without enough of the hormone face a higher risk of several serious illnesses, including diabetes, osteoporosis, and cardiovascular disease. Testosterone production typically decreases as men age and sometimes results in a range of symptoms. A simple blood test can reveal whether a guy has "low-T," but there are plenty of other clues that there may be a problem.

Drop in Energy. Fatigue is a common effect of low testosterone. You might feel like you just don't have the energy that you're used to. Or you might be incredibly tired.

Changes in Sex Life. A drop in your sex drive can be due to low-T. So can erectile dysfunction. Low testosterone alone is rarely the only reason for these symptoms but should be discussed with your doctor.

Fuzzy Thinking. Low testosterone can hurt your mental focus and memory. You may forget what you planned to do and have trouble concentrating.

Changes in Mood. Low testosterone can get you down – a little or even to the point of depression.

Muscle Changes. Because testosterone helps build muscle, when it gets low so does your muscle mass and strength.

More Body Fat. Not only can you lose muscle mass but you can also gain fat. If you are not building muscle with the calories you take in and the physical activity you do, then your body turns the calories into fat.

Thinning Body Hair. Low testosterone can cause you to lose some facial hair, pubic hair, and hair on your arms and lower legs. However, low-T doesn't usually affect the hair on your head.

Loss of Bone Mass. Low testosterone has been linked to osteoporosis, a disease that weakens bones.

Trouble Sleeping. When your testosterone levels are low, you might have trouble with insomnia and restlessness at night.

The good news is that low testosterone is easily treated, commonly with testosterone skin gels or under-the-skin pellets that release testosterone slowly. In addition to helping resolve problems with sexuality, mood and appearance, testosterone therapy can help protect guys against several serious medical problems, including diabetes, osteoporosis, and cardiovascular disease.

If you have questions about these symptoms contact your Total Lifestyle Counselor (TLC) or visit your doctor.

Nutritional Needs for Men

As men grow from youth to adulthood, good nutrition becomes even more important. By establishing healthy eating habits, you reduce your chances of developing several major diseases later in life, like obesity, cardiovascular disease or Type 2 diabetes. Adult males should eat a diet that is high in whole grains, rich in low-fat proteins, and low in saturated fat. Here are some healthy guidelines for good nutrition.

Carbohydrates. If you're not eating whole grains and lots of fruits and vegetables, consider making a change. By increasing these complex carbohydrates in your diet, you're not only adding fiber, but also many beneficial nutrients to your body. Whole-grain breads, brightly-colored vegetables, and seasonal fruits are the best choices when you shop for food. According to the Dietary Guidelines for Americans, your daily caloric intake should contain anywhere from 45 to 65 percent carbohydrate.

Proteins. As an adult male, your bones and muscles are constantly changing. In order to keep up with these changes, feed your body an adequate supply of protein. Protein not only feeds growing bones and muscles, it also helps repair torn ones. Consider low-fat sources of protein, like those that can be found in beef, chicken, fish and eggs. If you are a vegetarian try beans, nuts, dairy products and quinoa. Strive for a daily calorie intake of between 10 to 35 percent protein.

Healthy Fats. The Dietary Guidelines also suggests that 20 to 35 percent of your daily calories should come from fat. Your body needs some fat. Fat serves many purposes in your body; for example, fat helps absorb the fat-soluble vitamins A, D, E and K. Try to keep your diet low in saturated fat since this type of fat can raise your blood cholesterol levels. Opt for healthy oils, like the ones that are liquid at room temperature. Your best bets are olive, safflower and peanut oils.

Men's Health Month

The goal of Men's Health Month is to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Visit the Men's Health Resource Center for information.

MensHealthResourceCenter.com

Quick Tips

Alternate Your Exercise

Your body can get used to the same thing if it's done over and over again. Keep your body guessing by combining different types of fitness workouts.

Keep Cooking Simple.

When you're following a healthy diet and cooking at home, make sure your preparation methods are healthy. Bake, grill, steam, or sauté rather than breading and frying. Cook with healthy fats, such as olive or canola oil instead of butter, and season with fresh or dried herbs, not salt.

Your Total Lifestyle Counselor (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 432-8421 for personalized tools and resources to help you maintain your good health.