

# LIVING HEALTHIER



Carolinus HealthCare System



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CANNON MEMORIAL YMCA WELLNESS NEWS

June 2016

PARTNERS FOR A STRONGER COMMUNITY

### >> MEN'S HEALTH MONTH

Each June we celebrate Men's Health Month, especially the week leading up to Father's Day, which is Men's Health Week (June 13-19). The purpose of Men's Health Month is to heighten the awareness of preventable health problems, and encourage early detection and treatment of disease among men and boys.

Compared to women, men are more likely to smoke and drink, skip or put off regular checkups and medical care, and more likely to make unhealthy or risky choices. Start making your health a priority today so you can be there for your family and friends. A healthy lifestyle is especially important for men as most of the leading causes of death among men can be prevented through lifestyle changes. Here are some health tips for the two leading causes of death in men:

1. **Heart Disease:** More men die from heart disease than any other condition. In fact, one in three adult men has some form of cardiovascular disease. Do your part to prevent the onset or progression of heart disease by getting to the Y to exercise most days of the week and following a heart healthy diet with plenty of vegetables, fruits, whole grains and lean proteins, while watching your intake of sodium, saturated and trans fats, and added sugars.
2. **Cancer:** Poor diet and inactivity increase your cancer risk. A combination of healthy diet and regular physical activity could prevent half of today's colorectal cancer in the US. Red meat intake should be limited to no more than 18 ounces per week and processed meats (like bacon, sausage, hot dogs) should be limited to occasional use only. Dietary fiber from whole plant foods is strongly associated with a lower risk of colorectal cancer. Also, avoiding high sodium foods may help reduce the risk of stomach cancer and limiting alcohol can reduce your risk of both mouth and esophageal cancers.

•Not counting some forms of skin cancer, prostate cancer is the most common cancer in American men. Nearly 220,000 men are diagnosed with prostate cancer every year and more than 27,000 die from it. Lycopene, vitamin E, and selenium are marketed to men as tools to reduce the chance of developing the disease. According to the Academy of Nutrition and Dietetics, men should get the recommended amounts of selenium and lycopene from foods rather than supplements. An overall healthy diet contains enough of both nutrients.

#### Sources of Lycopene

- Tomatoes
- Pink Grapefruit
- Red Peppers
- Watermelon
- Tomato Products

\*Note: The heating process makes lycopene easier for the body to absorb.

#### Sources of Selenium

- Brazil Nuts
- Seafood (Tuna, Halibut, Sardines, Shrimp)
- Cottage Cheese
- Brown Rice
- Eggs

#### Sources of Vitamin E

- Sunflower Seeds
- Almonds
- Peanut Butter
- Peanuts
- Spinach (boiled)

### >> TRY SOMETHING NEW

#### Grilled Eggplant-Tomato Pizza

Ingredients | 6 servings

- 1 medium eggplant, unpeeled, cut in ¾-inch thick slices
- 4 tablespoons olive oil
- 1 unbaked 12-inch whole wheat or regular thin pizza crust
- ¼ cup pesto sauce
- 1 large tomato, sliced
- ½ small onion, thinly sliced
- ¼ cup sliced kalamata olives
- 2 ounces (½ cup) part skim mozzarella cheese, shredded
- 1 ounce (¼ cup) Parmesan cheese, shredded or feta cheese, crumbled
- ¼ cup fresh basil leaves

#### Directions

1. Brush eggplant with olive oil. Grill over a medium-high fire for about 10 minutes until soft and cooked through, turning to brown evenly. Cool slightly.
2. Place pizza crust on a baking pan. Spread pesto sauce evenly over crust. Arrange grilled eggplant, tomatoes, onion and olives on top. Sprinkle with cheese.
3. Slide uncooked pizza on the grill. Lower the lid.
4. Grill over indirect heat until the crust is golden brown and the cheese melts, about 12 to 15 minutes.
5. Just before serving, cut basil leaves into thin strips. Top pizza with basil.

\*If you do not have a grill you can roast the eggplant and bake the pizza at 425° in the oven.

Calories: 230; Calories from fat: 160; Total fat: 18g; Saturated fat: 4.5g; Trans fat: 0g; Cholesterol: 15mg; Sodium 300mg; Total carbohydrate: 12g; Dietary fiber: 5g; Sugars: 4g; Protein: 8g



### POWER OF PLANTS

Celebrate Fresh Fruit and Vegetable Month this June with a nutrition seminar from our Registered Dietitian! We all know fruits and vegetables are important for good health, yet most of us still don't get enough of them. Learn about the health benefits and disease fighting properties of fruits and vegetables and strategies to incorporate more plant foods in your diet.

#### WEST CABARRUS

Wednesday, June 1  
10:30-11:30am & 6:30-7:30pm

#### HARRISBURG

Tuesday, June 7  
9:30-10:30am

#### KANNAPOLIS

Thursday, June 23  
10:30-11:30am

Kannapolis YMCA

West Cabarrus YMCA

Harrisburg YMCA