

WHAT TO DO & WHY

Here's a crib sheet to help cut a man's risk of five major diseases.

Heart Disease & Stroke

Hypertension

Diabetes

Prostate Cancer

Colorectal Cancer

Consume More	How Much	Heart Disease & Stroke	Hypertension	Diabetes	Prostate Cancer	Colorectal Cancer
Fruits and vegetables	at least 5-10 servings a day	✓	✓	✓		
Fish	at least 2-3 servings a week	✓				
Fiber	at least 30 grams a day for men over 50 (38 grams a day for younger men)	✓	✓	✓		
Tomato sauce	at least twice a week				✓	
Phytosterols (in foods like Take Control Spread, Yoplait Healthy Heart Yogurt, and Minute Maid Premium Heart Wise Orange Juice or in pills)	0.8 grams (800 milligrams) a day (2 servings of most foods that are fortified with phytosterols)	✓				
Whole-grain breads and cereals	in place of refined grains	✓		✓		
Unsaturated fat (oils, nuts, salad dressing, mayonnaise, etc.)	in place of saturated fat (red meat, full-fat dairy foods, butter, fatty sweets, etc.)	✓		✓		
Potassium (from foods like fruits and vegetables, fish, and milk)	4,700 milligrams a day	✓	✓			
Consume Less	How Much	Heart Disease & Stroke	Hypertension	Diabetes	Prostate Cancer	Colorectal Cancer
Saturated fat (red meat, full-fat dairy foods, butter, fatty sweets, etc.)	no more than 20 grams a day	✓				
Trans fat (fatty sweets, french fries, and other foods made with partially hydrogenated oil)	as little as possible	✓				
Red meat	no more than 3 servings a week	✓			✓	✓
Sodium	no more than 2,300 milligrams a day; 1,500 mg if you're middle-aged or older	✓	✓			
Alcohol	no more than 2 drinks a day	✓	✓	✓		✓
Calcium	no more than 1,500 milligrams a day from foods and pills				✓	
Sweets	no more than 5 servings a week	✓	✓			
Weight & Exercise	How Much	Heart Disease & Stroke	Hypertension	Diabetes	Prostate Cancer	Colorectal Cancer
Waist	if it's over 40 inches, cut calories and exercise	✓	✓	✓		✓
Moderate-intensity aerobic exercise (like brisk walking, dancing, swimming, and cycling)	at least 30 minutes a day (to keep off lost weight, at least 60 minutes a day)	✓	✓	✓	✓	✓
Strength training for arms, shoulders, chest, abdomen, back, hips, legs*	at least 8-10 exercises 2-3 times a week		✓	✓		
Stretching routine (reduces exercise injuries)*	at least 2-3 times a week					

* For a strength-training guide, see www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/index.htm or "Your Exercise Rx" (*Nutrition Action*, Dec. 2002). For sample stretching exercises, see www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/chapter04c.htm.

Sources: American College of Sports Medicine, American Diabetes Association, American Heart Association, Center for Science in the Public Interest, Dietary Guidelines for Americans 2005, Food and Drug Administration, Institute of Medicine, National Cholesterol Education Program, National Heart, Lung, and Blood Institute.