

June 2024

EAT BETTER FOR LESS

EatGatherGo.org

Build More Than Strength During Men's Health Month

Everyone knows the “tough guy” stereotype: The man who doesn't pause for pain. The guy who won't go to the doctor. This month we are challenging those myths by encouraging men and the people who care about them to take care of themselves by getting proactive about their health.

Up your A game with these tips:

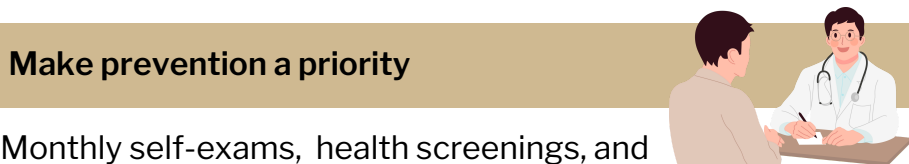
Power up your diet

Add more fruits and vegetables. Limit foods high in salt, fat, and sugar.



Stay active

Start small with an activity you enjoy and build from there. Your strength and endurance will grow.



Make prevention a priority

Monthly self-exams, health screenings, and annual doctor visits can help detect health issues earlier.



Be a leader

Model healthy behaviors for the boys and men around you. You may be the only example they have.



Cartoon character Popeye the Sailor ate spinach to gain more strength. Power up Dad this Father's Day with our Popeye Power Smoothie!

Popeye Power Smoothie

Ingredients

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- 2 cups crushed ice

Directions

1. Combine all ingredients in a blender.
 2. Puree until completely smooth.
 3. Serve immediately.
- Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Purdue Extension
Nutrition Education Program



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Resources: www.dhd10.org/mens-health-month/, eatgathergo.org/recipe/popeye-power-smoothie/

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