

CELEBRATING MEN'S HEALTH FOR FATHER'S DAY!

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OCO Nutrition Services | June 2026



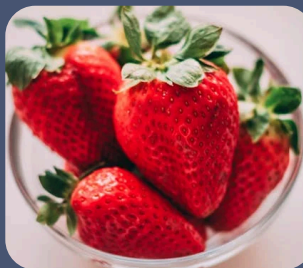
Get Your Protein (without excess)

- *Eating enough protein is important to maintain and build muscle tissue, keep your immune system strong, and support hormone levels. BUT more is not always better! Getting too much protein stresses your kidneys, and can cause other health issues. Check with your Dietitian to determine how much protein you need per day!*



Vitamins & Minerals Matter Too!

- *Micronutrients such as Choline, Iodine, Biotin, Zinc, Magnesium, Potassium, and Vitamin D are all critical for men's health. Just remember to be cautious with supplements. Most of the time getting your nutrients from food is much better than from a pill!*



**This Month's Featured
Vegetable is:
STRAWBERRIES**

Health Risks

- **Lifestyle factors such as maintaining a healthy weight, drinking alcohol in moderation, and not smoking, are all crucial actions to help prevent common chronic diseases in men.**
- **Eating a wide variety of foods with a focus on protein, fruits, vegetables and whole grains while limiting sodium and added sugars, can help prevent or manage hypertension, high cholesterol, heart disease and diabetes!**
- **Getting enough physical activity is also key in maintaining good health. Aim for at least 30 minutes of activity each day.**