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## Research shows that men are missing out on some key nutrients for their health. Here's the 411 on what you need—and where you can get it.

You know the rules for healthy living—exercise, eat right, sleep well, etc.—but how many of them do you actually follow? Data from the International Food Council Foundation suggests that while a majority of men are aware that changes to their diet could benefit their overall health, fewer than half actually follow through with those changes.

“Most men can get almost all the vitamins they need if they pay attention to nutrition,” says Bruce B. Campbell, MD, a Men’s health specialist at the Lahey Clinic in Burlington, Mass. “But not all men do pay enough attention, and nutrition needs may change with age.” Men over 70, for example, need more vitamin D than middle-aged men, and according to a recent study, 72 percent of them don’t get it. In fact, men of all ages have deficits in nearly every nutritional category. According to the United States

Department of Agriculture, men need to eat 350 percent more dark green vegetables and 150 percent more fruit in order to meet federal guidelines.

“Eating a diet rich in fruits, vegetables, whole grains, healthy oils, and low in saturated fats from red meat is rule number one for healthy nutrition,” says Dr. Campbell. He and other experts warn against mega-dose vitamins (those containing more than 100 percent of your recommended daily allowance) but say certain supplements may help compensate for deficiencies. Many nutrition specialists, for example, may recommend multivitamins. Although some recent studies have questioned the value of them for preventing conditions like heart disease and cancer, experts say a basic multi could act as an insurance policy for men who have nutritional gaps in their diet.

