

Happy Father's Day to all the Dads!

Wishing you a day filled with good health, happiness, and delicious, nutritious treats that keep you strong and energized. Here's to celebrating you and your well-being today and every day!"

Men we are not forgetting about you and your health, & neither should you!



As Registered Dietitians, your nutrition experts, we want to emphasize two critical aspects of men's health: heart health and prostate health. Making consistent healthier dietary choices can play a significant role in preventing heart disease and supporting prostate function. Let's focus on incorporating heart-friendly foods like fruits, vegetables, whole grains, and lean proteins, while also including prostate-supportive foods such as tomatoes, broccoli, and nuts.

You can prioritize your health through balanced nutrition and proactive lifestyle choices but consistency is key. Following a Mediterranean diet is a great start! Keep reading on why...

Heart health

Prostate health

Men are more likely to be at risk of a

In addition to heart health, prostate

heart attack earlier in life when compared to women. Good news is that the risk can be minimized with the right practices in your day to day lifestyle. Maintaining a healthy diet and exercise routine are the most important factors that can help you minimize your risk of a heart attack.

Incorporating components of a Mediterranean diet is a great start to protect your heart. Rich in heart-healthy fats like avocado, olive oil and nuts, abundant in fresh fruits and vegetables, and featuring lean proteins such as fish and legumes, this diet supports lower cholesterol levels and healthier blood pressure. Its emphasis on whole grains, unprocessed foods and moderate consumption of red wine also contribute to improved heart function and overall cardiovascular health.

A Registered Dietitian can help you incorporate key components of a Mediterranean plant-forward diet.

[Learn More](#)

health is a significant concern for many men, particularly as they age.

Just like with heart health, prevention is key to maintaining a healthy prostate and averting potential issues. The recipe for a healthy prostate includes maintaining a healthy weight, staying active, and embracing a Mediterranean-style diet rich in vibrant fruits and veggies, whole grains, healthy fats, and plant-based proteins.

This healthy pattern of eating provides essential nutrients and antioxidants that may help inhibit cancer cell growth. Incorporating fish rich in omega-3 fatty acids, such as salmon, mackarel and sardines, along with legumes and nuts, supports prostate health by reducing inflammation.

There are similarities between dietary recommendations for heart health and prostate health for men. Starting off with a few changes to your diet can make a significant impact in taking charge of your health.

Let us Registered Dietitians at Inner Health Nutrition Consulting guide you to sustainable, research-backed science recommendations towards a healthier way of living.

[Learn More](#)



This Father's Day is a wonderful opportunity to pause and reflect on your health priorities. Choose 1 or 2 goals (we gave you a few suggestions in this newsletter). Invite your partner or friend to join you in making these changes and help you be accountable. Need expert guidance? One of our qualified Registered Dietitians are ready to put you on your path to optimal health! Give us a call or send us an email - we are accepting new clients in-person and online! Click [here](#) for more info on programs and services.

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