



## Men's Health

Below are some suggestions for ways to have the best chance of improving health and keeping yourself fit and active for working at sea.

Small changes to lifestyle factors such as what we eat and how active we are can make a difference to physical health, energy levels and mental wellbeing over the longer term.

These tips are specific to men

### *Here's what to do more of*

**Eat more fibre** – base your meals on high-fibre and wholegrain foods like wholegrain breakfast cereals, oats, wholewheat pasta, wholemeal bread, brown rice and include pulses (such as lentils, beans & chickpeas), unsalted nuts and seeds in your diet.

**Eat more fruit and veg** – try to eat at least five portions of a variety of fruit and vegetables every day. These provide a wealth of vitamins & minerals, fibre and are lower in fat. Fresh, canned, frozen, dried and 150ml of unsweetened juice all count.

**Eat more fish** – try to eat at least two portions of sustainably sourced fish a week, one of which should be oily (such as salmon, mackerel, sardines, trout).

**Keep active** – aim for at least 150 minutes (2 hours and 30 minutes) a week of moderate activity which raises your heartbeat plus muscle strengthening exercises 2-3 days per week.

**Maintain a healthy weight** – being overweight or obese is a risk factor for heart disease, stroke, type 2 diabetes, some cancers and mental health problems. It can also decrease fertility.

**Seek help if you need it** – if you are worried about any aspect of your health do not keep quiet, speak to your GP.

### *Here's what to try and do less of*

**Cut down on saturated fat** – reduce your intake of biscuits, cakes, pies, pastries, chocolate and cream, choose unsaturated oils such as rapeseed, olive and sunflower oils and spreads made from them for cooking, salad dressings and spreading. Choose lower fat dairy foods, such as semi skimmed milk and low fat yoghurt (or plant-based alternatives) and choose leaner cuts of meat or cut off visible fat and poultry skin.

**Keep track of your red and processed meat intake** – We are advised not to eat too much red or processed meat as *high* consumption has been linked with a higher risk of bowel cancer.

**Watch your salt intake** – aim for less than 6g a day. Check the nutrition label on foods, choose reduced salt versions of foods, and use herbs and spices to flavour food rather than adding salt in cooking.

**Limit alcohol intake** – if you drink alcohol, try to drink no more than 14 units a week, with several alcohol-free days each week.

**Try not to smoke** – stopping smoking has many health benefits but is not easy. For information and support visit [Stopping smoking | NHS inform](#)

**Changes do not need to be big, gradual changes work best, start small with something that will work for you.** [Nutrition for men - British Nutrition Foundation](#)