Alcohol Free Weekend: April 3-5, 2015

An integral part of Alcohol Awareness Month is Alcohol-Free Weekend (April 3-5, 2015), which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During this seventy-two-hour period, NCADD extends an open invitation to all Americans, young and old, to participate in three alcohol-free days and to use this time to contact local NCADD Affiliates and other alcoholism agencies to learn more about alcoholism and its early symptoms.

Have you seen “Cecil’s Choices” in the dining halls? Let us know what you think! Please visit Dining Services at www.Pomona.edu.dining and choose “comments”.

Men Have Different Nutritional Needs

Written By Gloria Tsang, RD on Jun 10, 2013

(HealthCastle.com) Men are from Mars and women are from Venus – and we can add nutritional differences to the list of things that are different about men and women.

Specific Nutritional Needs for Men

More Calories
Men weigh more and have more lean muscle mass and more circulating blood cells. Hence, men need more calories. The average man has 50 more pounds of lean muscle mass than the average woman. This alone accounts for a difference of 500 calories needed per day!

More Protein
Because they have more muscle mass, men generally need more protein than women. The average requirement is calculated based on 0.8 grams of protein per kg of body weight. For instance, a 170 lb (77 kg) man will need to eat up to 62 grams of protein per day. Increased protein needs in men don't necessarily mean they need to eat more meat. Protein requirements can also be met using plant-based protein foods, like nuts, seeds, lentils and whole grains.

More Fiber
Men require more fiber, mainly due to increased calorie intake and because it offers potential protection against heart disease. Men under 50 years of age need 38 grams of fiber per day, and those over 50 require 30 grams of fiber.

Less Iron
Men need just half the iron that women require. Studies conducted in the '80s found that high iron stores in men were associated with increased risk of heart attacks. Don't worry, it is difficult to overdose on iron from food alone. However, you should pay attention to the multivitamin supplements you're taking. Due to the big difference in iron requirements, you should always choose a gender-appropriate formula. In other words, your multivitamin supplement bottle should specify that it is formulated for men's use.

Same Selenium
Many multivitamin supplements for men have some kind of claim about their selenium content. This gives the impression that selenium is more important for men, and that men need more. This is just a myth. The selenium requirement for men is exactly the same as that for women. It is true that selenium may help prevent some cancers more prevalent in men, such as prostate, lung, colorectal, gastric, and so on. But since selenium deficiency is quite rare, there is no advantage in taking more of it. Brazil nuts and seafood are the best food sources of selenium.

More Water
Men's increased liquid needs are mainly due to increased calorie intake. Depending on climate and physical activity, an average man needs about 10 cups of water per day.