

## >>> CMH DIETITIAN'S NEWSLETTER

Men are expected to live five years less than women. Men often feel invincible and avoid getting regular preventative checkups. Heart disease, Diabetes, Lung cancer, Depression and Prostate cancer are the leading causes of death among men. "Understanding your risk factors is the best way to decrease your chances of getting heart disease," says Dr. Sumesh Jain, Interventional Cardiologist with Dignity Health Medical Group — Merced. Learn more about your disease risk factors by scheduling your annual wellness visit this month.



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## >>> MEN'S HEALTH MONTH

Men's Health Week: June 9-15 2025

What can you do this month to prioritize your health? Making one or two changes in your meals or movement could pay dividends in the future. Know your numbers (ABC's = A1c or blood sugar, blood pressure and cholesterol). Aim for at least 150 minutes of activities you enjoy weekly and focus on whole foods like fruits, vegetables, lean proteins and whole grains.

## EAT ALL YOUR VEGETABLES DAY <<<

June 17th

Today is the day to try a new vegetable. Look at the store for unusual vegetables you may not have tried like arugula. Arugula is a peppery green that is packed with flavor. It helps boost your immune system, aids in weight management, and reduces the risk of heart disease. Arugula is a great source of fiber which promotes healthy digestion. It is a versatile veggie that can be used in salads, sandwiches, soups or casseroles. Consider trying the recipe below. The more colorful your meal, the more health benefits it has!



## >>> DON'T FORGET TO HYDRATE

Warmer weather is upon us.

How much water should you drink everyday? This seems like a simple question, but in reality, it really depends on your overall health, environment, how much activity you get and whether you are pregnant or breastfeeding. About 1/5 of our daily intake comes from the food we eat. Water, milk, herbal teas and juice will all help you meet hydration needs. Limit or avoid sugar-sweetened beverages like soda, energy and sports drinks.

# Arugula Salad with Sunny-Side-Up Eggs



**Yum.** So much flavor.

## Ingredients:

### **Dressing**

- 1/4 teaspoon grated lemon zest plus 2 tablespoons fresh lemon juice (from 1 lemon)
- 4 garlic cloves, about 2 teaspoons
- 1 teaspoon Dijon mustard
- 1/4 teaspoon dry mustard
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon dried basil
- 2 tablespoons olive oil

### **Salad**

- 4 large shallots (about 6 ounces), thinly sliced (about 1 cup)
- 2 teaspoons avocado oil, divided
- 4 large eggs
- Kosher salt, to taste
- 6 cups loosely packed arugula (about 3 ounces)
- 2 ounces Parmesan cheese, shaved (about 1 cup)
- 1/2 teaspoon coarsely ground black pepper, plus more to taste
- 2 ounces prosciutto, torn into bite-size pieces (about 1 cup)

### **Make the dressing:**

1. Whisk together lemon zest and juice, garlic, Dijon, dry mustard, oregano, and basil in a medium bowl until combined. Gradually drizzle in olive oil, whisking constantly, until oil is incorporated and dressing is smooth.

### **Make the salad:**

1. Preheat broiler to high with oven rack 6 inches from heat. Toss together shallots and 1 teaspoon avocado oil in a small bowl; spread in an even layer on a small baking sheet. Broil shallots in preheated oven until slightly charred, about 3 minutes. Remove from oven. Let cool 5 minutes.
2. Meanwhile, heat remaining 1 teaspoon avocado oil in a large nonstick skillet over medium. Crack eggs into skillet, and sprinkle with salt to taste. Cook until whites are set and yolks are runny, about 3 minutes. Remove from heat. Transfer eggs to a plate, and set aside.
3. Drizzle 1 tablespoon dressing in a large bowl. Add arugula, and drizzle with 1 tablespoon dressing. Top with shallots, Parmesan, and pepper. Toss to combine, or cover bowl with a baking sheet or lid, and shake to combine. Transfer salad to a large platter. Top with eggs and prosciutto. Season with additional salt and pepper to taste. Drizzle with additional dressing, if desired. (Serves 4)

Recipe is from Foodandwine.com

(Photo credit: Jennifer Causey / Food Styling by Margret Monroe Dickey / Prop Styling by Nidia Cueva)



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