

June is Men's Health Month

This is a time to raise awareness and encourage men to take charge of their overall well-being.

Ways to celebrate Men's Health Month:

- Schedule an annual wellness exam:** Regular check-ups help monitor health.
- Get regular screenings:** Screenings are essential for early detection and prevention.
- Prioritize mental health:** Seeking support is a sign of strength.

Every healthy step today can lead to a stronger future.

Adapted by [Tessa Hobbs-Curley](#), health and family educator, from [Sara Attig](#), *Family Files* blog at go.illinois.edu/MenHealthMonth.

Shake Up Homemade Salads with Easy Dressing Tips

Try these tips to get started:

- Follow a simple formula:** Use 3 parts oil, 1 part acid, and 1 part seasoning. Choose healthy oils like canola, avocado, or olive oil. They help absorb vitamins A, D, E, and K found in fruits and veggies. Add an acid, such as vinegar or lemon juice, for a fresh taste. Mix in seasonings such as garlic, pepper, or herbs like basil, dill, or thyme.
- Don't overdo it:** Use about 1 tablespoon of dressing for every 2 cups of salad.

Homemade dressings are quick, healthy, and full of flavor. Give them a try!



June is National Dairy Month

Use the table below to compare the nutrients in cow's milk with a variety of dairy alternatives to help you find the best fit.

Nutrient Comparison of Dairy and Dairy Alternatives*

Dairy or Alternative	Calories (kcal)	Protein (g)	Fat/Sat. Fat (g)	Carbs/Sugar (g)**	Fiber (g)	Vitamin D (IU)***	Calcium (mg)	Iron (mg)	Potassium (mg)
Cow (whole)	161	9	11/6	11/11	0	0	290	0	367
Cow (1%)	161	8	8/5	13/12	0	4.8	300	0	0
Goat	58	3.3	2.9/1.7	4.6/4.6	0	1	125	0	175
Almond	149	5	11/1	9/7	0	0	7.2	1	161
Coconut	40	0	4/4	1/0	0	2.4	41	0	41
Flaxseed	24	0	2.5/0	1/0	0	101	300	0.4	0
Hemp	101	2	4.5/0.5	13/3	2	0	19	1	122
Oat	101	4	1.5/0	18/5	2	0	19	1	96
Rice	113	0.7	2.3/0	22/13	0.7	101	283	0.5	65
Soy	101	7	4	7/5	2	120	401	1.1	331

*All values are per 8-oz. serving. Values are approximate and may vary by brand.

** Includes naturally occurring and added sugars.

***Fortified with vitamin D2 and D3. Data source: [USDA FoodData Central](#).