



Food for men

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Abstract. Probably all men know that their quality of life directly depends on the quality of their diet. However, for various reasons, they do not pay attention to the advice of nutritionists. But the latter insist that the physiological characteristics of the organisms of representatives of both sexes are significantly different. This means that both men and women require an individual approach to choosing a diet.

Key words: food for men, recommendations, benefits, harm, beneficial properties, contraindications

The influence of age on men's diet

It is worth mentioning that scientists have conducted dozens of studies in the field of male nutrition. As a result, they were able to establish that a competent approach to choosing products allows men after 30 years to maintain good health, good spirits and strength. And also protect themselves from some diseases to which they are most often exposed. Among them: *prostate cancer, hypertension, heart attacks and diseases of the cardiovascular system.*

Vegetarian men

Recently, many representatives of the powerful have chosen a vegetarian diet that excludes animal products. Of course, it has its advantages. However, in this case, nutritionists strongly recommend that they carefully consider their diet and be sure to provide the body with all the necessary nutrients that are needed for its normal functioning. In this case, special attention should be paid to:

- Protein, which they deny themselves, excluding meat. You can compensate for its deficiency by eating cereals, eggs, nuts, dairy products, and cereals. [1]
- Calcium, which affects bone health. It is found in dark green vegetables, such as spinach and broccoli, and in dairy products. [2]
- Iron, the level of which affects hemoglobin, and therefore the body's resistance to viruses and bacteria. You can compensate for its deficiency by eating green vegetables. [3]
- Vitamin B12, which is responsible for well-being and health. It is found in eggs, hard cheese and cereals. [4]

- Fiber necessary for normal digestion. It is found in vegetables and fruits. [5]

Top 19 products for men

Meanwhile, despite the culinary preferences of men, their diet, according to nutritionists, must include the following products:

1. **Tomatoes.** They contain lycopene, a powerful antioxidant. Research results have shown a direct relationship between the level of lycopene in the blood of middle-aged men and the risk of developing a heart attack. Also, consumption of such products can reduce the risk of developing prostate cancer. For better digestibility, tomatoes are advised not to be processed and sprinkled with olive oil. [6]
2. **Flax seed.** It will reduce blood cholesterol levels naturally. Suzanne Hendrick, a professor of food science and nutrition at the University of Iowa, says that "flax seed is an excellent alternative to medications." (1) In addition, in 2008, studies were conducted at the University of Texas that showed that 30 g. These seeds per day (about 3 teaspoons) will help prevent the development of prostate cancer.
3. **Cereals.** Daily consumption of cereals will reduce the risk of developing cardiovascular diseases, diabetes, obesity and depression, as well as normalize blood pressure.
4. **Bananas [7] and citrus fruits.** By including them in your diet, you provide your body with potassium, and, therefore, prevent the risk of developing hypertension. In particular, this applies to those who like excessively salty foods.
5. **Chocolate.** According to research results published by scientists from Sweden in the journal Neurology, regular moderate consumption of chocolate can reduce the risk of heart attacks. In addition, in 2012, a publication by Italian scientists appeared in the journal Hypertension, indicating the positive effect of cocoa, which is in chocolate, on the cognitive functions of the brain of men, that is, on memory, attention, speech, thinking, etc. In addition to chocolate, red wine, tea, grapes and apples have such properties.
6. **Red meat** is an excellent source of protein, as well as vitamin E and carotenoids.
7. **Green tea.** It saturates the body with antioxidants, allowing you to effectively fight stress.
8. **Oysters.** By enriching the body with zinc, they maintain optimal levels of testosterone in the blood, thereby positively affecting the reproductive function of men.
9. **Salmon.** In addition to protein, it contains omega-3 fatty acids, which can reduce blood cholesterol levels and prevent the risk of depression, prostate cancer and cardiovascular diseases. In addition to it, other types of fish are also suitable.
10. **Natural juices**, especially pomegranate. [8] This is an excellent opportunity to enrich your body with vitamins, while preventing the development of prostate cancer.
11. **Garlic.** It helps maintain heart health and lower blood cholesterol levels. [9]
12. **Blueberry.** Due to its high content of proanthocyanidins, it can minimize the risk of developing cardiovascular diseases, prostate cancer and diabetes, as well as improve memory.
13. **Eggs.** They not only enrich the body with protein and iron, but also can effectively combat hair loss problems. [10]
14. **All types of cabbage.** They contain sulforaphane, which prevents the development of cancer.
15. **Red pepper.** It contains more vitamin C than orange juice.
16. **Dairy.** It is a source of proteins, fats, calcium, vitamins A and D.
17. **Avocado.** Its consumption helps maintain the health of the cardiovascular system. [eleven]
18. **Cinnamon.** It has an excellent antibacterial effect, reduces the risk of developing diabetes and enriches the body with antioxidants. [12]

19. **Almonds.** It contains healthy fatty acids, as well as vitamins E, B and potassium, which can reduce cholesterol levels in the blood, as well as normalize the functioning of the heart and liver.

How else can you protect your health?

- *Exercise regularly.* The general well-being of the body, as well as the health of the heart, directly depends on a man's lifestyle.
- *Stop smoking.* It causes diseases of the respiratory and cardiovascular systems.
- *Fight obesity in every possible way* - do not overeat, lead an active lifestyle. This will reduce the risk of developing diabetes and cardiovascular diseases.
- *Sleep at least 7 hours a day.* Otherwise, you will shorten your life expectancy.
- *Drink plenty of fluids.* This will allow you to improve digestion, metabolic processes in the body and maintain youthful skin.
- *Laugh more.* Doctors say that laughter is the best cure for all diseases, which, moreover, has no contraindications.

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