

Shopping Guide for Men's Health



WHOLEFOODS
HOUSE

Health facts for men

Only 30% of a man's overall health is determined by his genetics. 70% is a result of his lifestyle. Small changes can have a big impact.

Drinking: reduce your alcohol intake to 4-10 drinks per week.

Activity: incidental exercise is an easy way of becoming more active, for example climb an extra 50 stairs a day or park further away to walk more.

Mental Wellness: Support your mental health with regular exercise and always seek professional help when needed. Give your mental health as much attention as your physical health.

Sleep: ensure you get enough sleep every night, 7-8 hours are recommended.

Nutrition: eating 5-7 servings of fresh fruits and vegetables a day is essential for wellbeing.

Testosterone boosters

Most common nutritional deficiencies in men are zinc, Vitamin D, magnesium, Vitamin B12, potassium and iodine. Good nutrition and healthy testosterone levels are essential to feel your best. Here is how you can optimise both:

Zinc is the most important mineral for men who want to increase their testosterone. The best sources are oysters and other seafood, pumpkin seeds and sundried tomatoes.

Dark leafy greens, whole grains, almonds, cashews, oats, broccoli, most seeds and dark chocolate provide high levels of **magnesium** which is crucial for protein synthesis and muscle cell building, strength, energy metabolism as well as recovery and sleep. Oily fish, cod liver oil, mushrooms and most of all a healthy dose of sunshine will provide **Vitamin D3** which can help to increase strength, muscle mass and has positive effects on the cardiovascular system.

Dark leafy greens and cruciferous vegetables as well as egg yolks contain **Vitamin K2** which acts together with Vitamin D3 to regulate metabolic health. According to some studies Vitamin K2 may also be protective against prostate cancer.

Eating organic meat, eggs and a variety of fresh organic fruits and vegetables is a great way of getting all essential nutrients especially **Vitamin B6**. This nutrient is linked to better mood and immune function as well as boosting testosterone levels.

Vitamin B12 is vital for cognition and can be found in organic meats, eggs, fish and seafood, dairy, nutritional yeast, tempeh, seaweeds and mushrooms.

Excellent sources of **potassium** include avocados, bananas and potatoes, which helps the body to use glucose for energy as well as lowers sodium in the blood.

Iodine is essential to maintain a healthy metabolism and elevate energy levels. It is found in fish, seaweed and to some extent in dairy products.

Recipe

The best way to fuel your day is with a power breakfast smoothie. We created two recipes to kickstart your health.

Green smoothie:

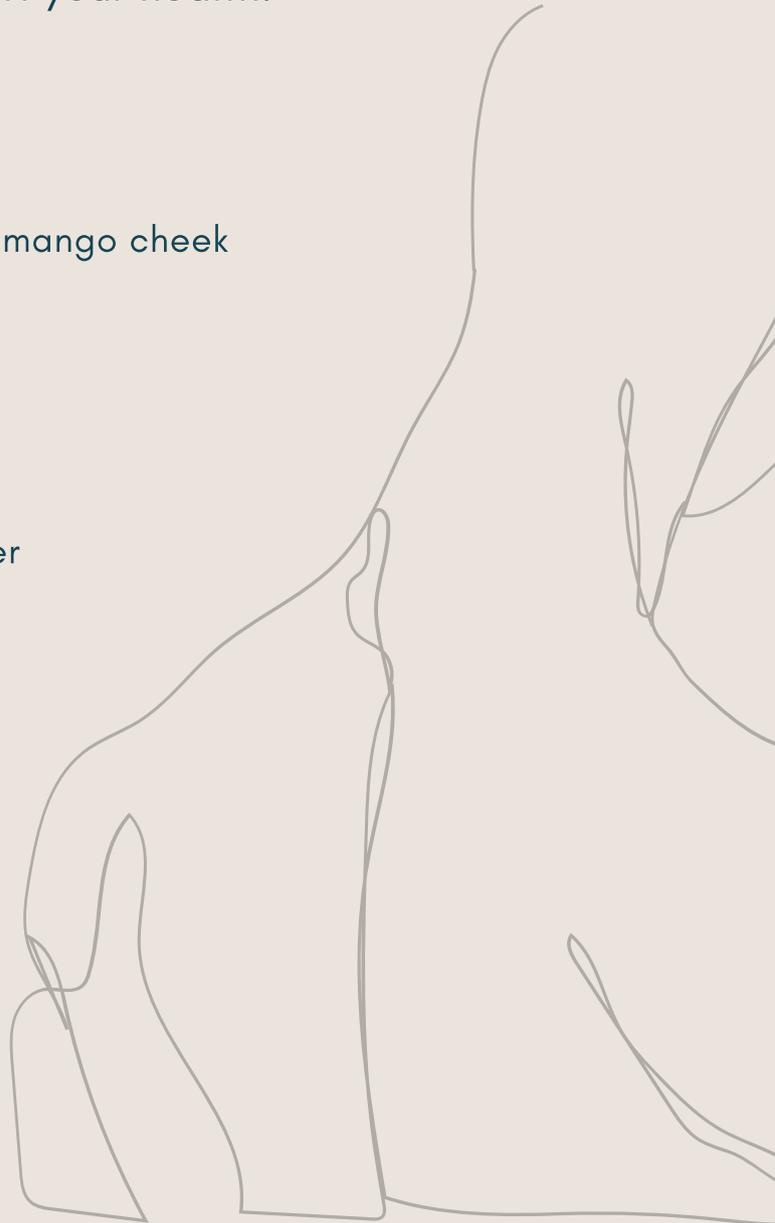
- ½ banana, frozen, peeled
- ¼ cup mango, frozen, cubed or 1 fresh mango cheek
- ¼ avocado
- 1 cup baby spinach
- 1 big leaf green kale, destemmed
- 2 TBsp Hemp Seeds
- 3 ice cubes
- 1 cup of filtered water or coconut water

Cacao smoothie:

- 1 TBsp almond butter
- 2 TBsp cacao powder
- ¼ cup cashews, raw
- 1 TBsp protein powder or collagen
- 1 TBsp Hemp seeds
- 1-2 medjool dates to taste
- 1 pinch salt
- 3 ice cubes
- 1 cup of filtered water

Method:

Combine all ingredients and blend until smooth.



Shopping List

- fish
- sea food
- oysters
- cod liver oil
- organic meat
- pasture raised eggs
- tempeh

- dark leafy greens:
spinach, kale
rocket, dandelion
greens, mustard
greens, watercress
silverbeet, bok choy

- potatoes
- mushrooms
- cruciferous
vegetables:
broccoli, brussels
sprouts, cauliflower,
cabbage, radish

- avocados
- bananas
- seasonal fruits

- almonds
- cashews
- hemp seeds
- pumpkin seeds
- flax seeds
- sesame seeds
- sunflower seeds

- whole grains
- oats

- dark chocolate
- cacao powder

- sundried tomatoes
- seaweed
- nutritional yeast

