

10 types of foods that help increase muscle mass for men

In addition to bodybuilding, diet is also a factor to help men develop strong muscles. These top 10 superfoods will be a great idea if you want to increase your physical strength quickly.

Men have many other points than women, including nutritional needs. Women who need special foods during pregnancy or prevent breast cancer also need a healthy diet to develop muscle, strengthen physical strength, or prevent prostate cancer.

Here are the top 10 foods that are helpful in helping men strengthen their muscles and get the health they want.

1. Eggs



Eggs are very good food for men

Eggs are rated as very good foods for health. Particularly for men, **amino acids** in eggs provide **steroid** hormones and help muscle tone. One thing to keep in mind is not to remove the yolk because half of the protein in the yolk along with other nutrients like lutein will benefit the eyes.

2. Types of nuts



The series of seeds contains many nutrients

Nuts such as almonds, cashews . are essential foods for people who have difficulty increasing muscles: **30g seeds contain 150-170 high quality calories** . This is a good source of protein, vitamins, antioxidants, fiber, and healthy fats, to help you get the extra calories you need without fear of fat.

3. Cheese



Cheese is also a good choice if you want to develop muscle

Cheese contains a lot of **casein** , a slow digestible protein. When absorbing casein, the amino acid content in the blood gradually increases and will last longer than when protein is absorbed. Besides, cheese also contains good bacteria to help absorb essential nutrients.

4. Lentils



Lentils help improve men's health

A cup of lentils contains 18g of protein and 40g of slow digestible **carbohydrate** . You should cook the lentils for 10 minutes and then mix them with rice, add salad or eat separately.

5. Beef



Beef contains a lot of zinc and iron

Iron and **zinc** are two substances that are abundant in beef and they are an important source of nutrients for muscles. **Lean beef** is an excellent source of protein. In addition, beef contains many vitamins, minerals and saturated fats that help stabilize cardiovascular and monounsaturated **testosterone** and fat.

6. Salmon



Salmon

Salmon contains a lot of protein and omega 3 types are EPA and DHA. Omega 3 has the effect of protecting the heart, increasing the assimilation of amino acids and preventing muscle destruction. If you don't like fish, drink more fish oil to take advantage of omega 3.

7. Green vegetables



Green vegetables are an indispensable dish for men

Green vegetables also play an important part in the vegetarian menu to strengthen 6-pack abdominal muscles. Vegetables such as kale, spinach, calcium-rich lettuce, folic acid, vitamins A, B, C, D, E and antioxidants - are important for reducing inflammation and speeding up muscle recovery. In addition, these vegetables also supplement calcium for the body, reduce the phenomenon of cramps during exercise, and prevent osteoporosis.

8. Almonds



Almonds are rich in vitamin E

Almonds, also known as **almonds**, are considered tonic for muscles. This fruit is rich in vitamin E, which helps the body to fight oxidation and prevent damage by heavy activity. Eat 2 cups of peach almonds every day to help your muscles grow.

9. Sweet potatoes



Sweet potatoes contain a lot of starch

Sweet potatoes are rich in starches and therefore contain lots of vitamins A, C, B6, riboflavin and some other substances that are good for adding energy and nutrients to muscle growth. Therefore, you should supplement each day to enhance muscle development effectively.

10. Banana



Bananas contain a variety of sugars that help tone muscles

Bananas contain three sugars: **fructose**, **sucrose** and **glucose** . These types of sugars are essential for muscle training. Bananas are also high in fat and good cholesterol, as well as containing many nutrients for the body every day.

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