

Good fruits and vegetables for men, encouraged by experts

As we all know, vegetables, tubers and fruits are the foods that give the body a lot of nutrients as well as vitamins and minerals. Vegetables are not only good for women but there are also very good fruits and vegetables for men, if adequate supplements not only help rehydrate the body, but also help men supplement kidneys, enhance vitality , prevention of diseases.

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1. Pumpkin seeds help protect the prostate

Prostate disease is a common disease in middle-aged men, so to protect health and prevent this disease we can use drugs or functional foods, besides You can also use pumpkin seeds to treat early prostatitis.



In pumpkin seeds contain a lot of vitamins and minerals, especially the content of fatty acids in pumpkin seeds is very rich, this is a very beneficial for the function of hormone secretion of the prostate.

According to US experts, middle-aged men who want to prevent prostatitis should eat pumpkin seeds every day at a dose of 50g pumpkin seeds (equivalent to 20-25 seeds, each seed weighs about 68mg).

2. Spinach helps protect eyesight

In spinach contains beta-carotene, when entering the body will turn into vitamin A, help maintain vision and health of epidermal cells, increase resistance to prevention of infection, help children grow .



For spinach can promote all the health benefits, every week we should eat 2-4 times spinach will help you protect eyesight and maintain good eye health especially with those Office workers must use computers all day.

3. Eating apples can limit cardiovascular disease and reduce fat

Cardiovascular and obesity are two quite common diseases in modern society today. To treat this disease, we need to reduce the amount of cholesterol in our body. High fiber foods can help you reduce cholesterol levels like fruits, vegetables and whole grains.



Dutch scientists have discovered that every day if we eat an apple, we can prevent the risk of cardiovascular disease by 50%.

Not only that, apples also work in reducing fat, every day if you eat 1.5kg of apples divided into 6 meals, continuously 10 times (equivalent to 10 weeks) so you will see the effect clearly.

4. To fight stomach cancer we can use oranges



Normally, the stomach of men is often more active than women, so the rate of men with stomach cancer is also much higher than that of women. To prevent this disease, many people believe that people with stomach cancer should not eat oranges and tangerines. But recently a study from Australian health experts found that eating two oranges or tangerines a day can help us reduce the risk of stomach disease by 50%. Not only does it help reduce the risk of skin, breast and colon cancer.

5. Eat grapes to prevent stroke



Stroke is a disease that has a very high mortality rate and leaves many serious sequelae for patients. It is possible to see the probability of stroke and heart attack in men is many times higher than that of women. People with stroke need a diet rich in vitamins, minerals and fruits. So, every day we can give the patient a dose of 10 fruits a day to easily control the disease.

6. Eat plenty of watermelons that will be as good as energy drinks



Watermelon is a very popular fruit on the market today. Watermelon not only provides the body with vitamins but also rehydrates the body, especially in the summer. Besides, watermelon also contains a large amount of

citrulline with the same pharmacological effect as Viagra. So for men who want to strengthen vitality, prevent disease can be used.

However, watermelon is a warming plant (cold), if the "bad belly" gentleman should not eat too much because it can affect the stomach.

7. Eucalyptus fruit helps nourish kidneys, strengthen vitality



Healthy kidneys are almost mandatory conditions to ensure men's health. According to folk experience as well as the scientific formula of food, eating organs and seafood can help your kidneys stay healthy.

However, eating organs and seafood often leads to high cholesterol and blood pressure as well as other health problems, so doctors recommend that it should be limited.

For gentlemen entering middle age, you can't care about cholesterol in your body.

If a vitamin E-rich food is needed, lowering cholesterol is best for the kidneys, then the fruit is definitely the first choice.

In addition, black sesame and walnuts are recommended to eat a lot for healthy kidney.

8. Cherry can limit arthritis



People who often have to work outdoors, exposed to environmental hazards are at high risk of arthritis. To prevent arthritis problems we can use cherries.

You can use fresh cherries or as a juice. Eating cherries regularly every day can control arthritis.

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