

# Is eating bean sprouts good? The effect of bean sprouts for men?

Read the article of TipsMake.com to know if eating bean sprouts is good and what are the effects of bean sprouts for men!

Bean sprouts are one of the favorite dishes of many people. However, not everyone knows that **eating bean sprouts is good and what the effects of bean sprouts on men are** . If you are also wondering about these issues, read the article of TipsMake.com for detailed answers!

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## Is eating bean sprouts good? Nutritional value of bean sprouts

Bean sprouts (or bean sprouts, sprouts, bean sprouts, bean sprouts) are made from sprouting beans, about 3 to 7cm long. Depending on the type of beans to be germinated, we will have different types of bean sprouts such as bean sprouts, black bean sprouts, red bean sprouts, soybean sprouts (soybean sprouts) .

### Nutritional value of bean sprouts

Compared to regular vegetables, bean sprouts are much smaller in size. However, the nutritional value they possess is quite large:

**Carbohydrates:** 100g of sprouts can provide us with about 4 to 5.7% of the carbohydrate that the body needs to absorb every day. Not only that, 100g of bean sprouts contains up to 2.4g of fiber, equivalent to about 7% of the daily recommended fiber intake for men and 8.5% for women.

**Protein ( sprouts ):** Sprouts are a medium source of plant protein. In 100g of sprouts, people found 5.3g of protein, equal to about 11% of the daily recommended protein intake for women and 9.4% for men.

**Vitamins:** Bean sprouts are rich in vitamins. Eating fried bean sprouts can provide our body with many B vitamins such as riboflavin (vitamin B2), pantothenic acid (vitamin B5), vitamin B6, thiamin (vitamin B1) and

niacin (vitamin B3). Not only that, the content of vitamin C and vitamin E in sprouts is also very high. 100g bean sprouts contain about 15 to 25mg of vitamin E and 19.8mg of vitamin C (equivalent to 22% of the daily recommended amount of vitamin C for men and 26% for women).

**Minerals:** Not only vitamins, bean sprouts also contain many different minerals, especially copper and iron. A cup of cooked bean sprouts contains about 0.32mg of copper, which meets 32% of the body's daily requirement of copper. Besides, it is also found that, 100g of bean sprouts can provide about 30% of the daily iron needs of men, 13% of the daily iron needs of women. In addition to iron and copper, bean sprouts also contain magnesium, manganese and zinc.



Bean sprouts - a source of nutritious food

## Is eating bean sprouts good?

It can be seen that sprouts are foods with a high nutritional content. Eating sprouts regularly will help replenish our body with essential nutrients such as protein, vitamins, minerals, carbohydrates, thereby supporting disease prevention and health protection. Here are some typical effects of bean sprouts:

1. Improve metabolism, support detox, body cleansing.
2. Increase bone density, make bones stronger.
3. Maintain stable cholesterol levels, thereby protecting the heart.
4. Promote digestion.
5. Support weight loss.
6. Reduce stress, anxiety.
7. Improve immune system.
8. Skin beauty
9. Good for the eyes, reducing the risk of eye diseases such as macular degeneration.
10. Improve physiological function in men .



Eating bean sprouts brings many health benefits

## The effect of bean sprouts on men

According to traditional medicine, men eat bean sprouts regularly can improve fertility, overcome erectile dysfunction, weak physiological and stimulate sexual desire effectively. The use of bean sprouts for men is as follows:

1. The abundant source of vitamin C in bean sprouts helps men avoid sperm clumping, thereby increasing sperm fertilization with eggs; enhance sexual desire, euphoria in relationships, increase ejaculation time, contribute to improving premature ejaculation.
2. The vitamin E of bean sprouts has been shown to improve sperm health, protect sperm from the attack of free radicals. As a result, sperm can be healthier and function more effectively.
3. Bean sprouts provide vitamin B12, which helps to increase the number and quality of sperm significantly.



Bean sprouts have the effect of improving physiological function in men

## Things to note to eat sprouts properly

Bean sprouts are only really good for our health if eaten properly. So how to eat sprouts properly is like? The following notes will help you:

1. Do not eat bean sprouts too much. According to Assoc. Prof. Dr. Nguyen Duy Thinh, we should not eat more than 550g bean sprouts per day.
2. Do not eat raw bean sprouts when hungry because it can cause stomach upset, affecting the stomach.
3. Only eat clean bean sprouts: At present, bean sprouts (especially mung bean sprouts) are sold at many stores in the market. However, for profit, many shop owners have used chemicals to impregnate bean sprouts, in order to stimulate sprouts to grow faster and keep longer. If you eat chemicals sprouts impregnated with chemicals, we can be poisoned, and in the long run can lead to dangerous diseases like cancer. To be on the safe side, you should only buy bean sprouts at reputable stores or make your own sprouts at home using bean sprouts.
4. No fried bean sprouts with pig liver: Indeed, fried bean sprouts pork liver is a delicious dish. However, we should not combine these two ingredients together to avoid the vitamin C in the bean sprouts being oxidized, resulting in loss of effectiveness.
5. Those who should not eat sprouts: People can weld, cold limbs, lack of force; who's having loose stools .



Make your own bean sprouts at home with bean sprouts maker

Hopefully our article will help you answer the questions about whether or not bean sprouts are good for men and what they are for men. Do not forget to save the above notes to eat sprouts the right way!

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