

MEN'S HEALTH QUICK REFERENCE GUIDE

HEART HEALTH

Damaged blood vessels	omega 3 fatty acids (anti-inflammatory properties)	Fatty fish, fish oil supplements, eggs, flaxseeds, walnuts, chia seeds
Stabilize blood pressure by promoting fluid balance	Potassium	All fruits and vegetable contain some potassium, but particularly red, orange and yellow varieties (sweet potato, oranges, beets, bananas, etc.)
Elasticity of arteries (lowers heart attack risk)	Folate (folic acid)	Leafy greens, animal proteins, eggs, nuts and seeds
Promotes healthy levels of HDL ("good" cholesterol)	Niacin (B3)	Legumes, nuts, animal protein, eggs, dairy
Decrease "bad" fats	Remove all hydrogenated oils (aka trans-fats)	Remove all processed sweets such as store-bought cookies and cakes

BOWEL HEALTH

Regular bowel movements	fibre	fresh vegetables, nuts, seeds, fruit
Good hydration	Potassium	All fruits and vegetable contain some potassium, but particularly red, orange and yellow varieties (sweet potato, oranges, beets, bananas, etc.)
Probiotics	"friendly" bacteria	Fermented foods: sauerkraut, kimchi, savoury pickles, yoghurt,
Prebiotics (foods to feed your friendly bacteria)	inulin	Artichokes, Jerusalem artichokes, leeks, onions, heated & cooled potatoes and rice (??)
Heal inflamed intestinal lining	Gelatine, glutamine	Bone broths – fresh chicken, beef, fish, etc.

BRAIN HEALTH

Optimal brain function	omega 3 fatty acids	Fatty fish, fish oil supplements, eggs, flaxseeds, walnuts, chia seeds
Support proper nerve function	vitamin D	Sunlight – 15 minutes per day (or 1000IU daily supplement until levels return to high-normal range)
Support proper nerve function	B12	Animal protein, eggs
Support proper nerve function	B6	Starchy vegetables, animal products
Optimal brain function	Virgin coconut oil	Virgin coconut oil, other coconut products (cream, milk, butter)
Stable blood glucose levels to avoid dips in energy and cognitive function	Low carbohydrate diet	Increase “good” fats (grass-fed dairy and meat, avocado, nuts, olives, seeds)

JOINT AND BONE HEALTH

Brittle bones	vitamin D	Sunlight – 15 minutes per day (or 1000IU daily supplement until levels return to high-normal range)
Joint inflammation	Omega 3 fatty acids	Fatty fish, fish oil supplements, eggs, flaxseeds, walnuts, chia seeds
Joint inflammation	Antioxidants	Turmeric, green tea
Joint repair	Collagen (gelatine)	Bone broths – fresh chicken, beef, fish, etc.
Osteoarthritis	Cruciferous vegetables (brassicas)	Broccoli, cauliflower, Brussels sprouts, cabbage, collards, kale, kohlrabi, Chinese cabbage, turnips

ENERGY LEVELS/STRENGTH

Increased energy production (ATP)	B vitamins (in general)	Green leafy vegetables, animal proteins, eggs, dairy
Red blood cell production	Folate (folic acid)	Leafy greens, animal proteins, eggs, nuts and seeds
Increased energy production & Red blood cell production	B12	Animal protein, eggs
Stable blood glucose levels to avoid dips in energy and cognitive function	Low carbohydrate diet	Decrease starchy carbohydrates & increase non-starchy veggies; increase “good” fats; consume sufficient protein to maintain muscle mass (1gram/kg of body weight per day)

BLOOD GLUCOSE LEVELS (BGL)

Stable blood glucose levels to avoid dips in energy and cognitive function	Low carbohydrate diet	Low in processed carbohydrates: pasta, bread, grains, sugars, sweets, etc.
Sustained energy	Healthy fats	Olive oil, olives, nuts & seeds, avocados, coconut oil, grass-fed butter
Stabilise blood sugar levels	High-quality protein	Grass-fed beef and other red meats, eggs, chicken, fish, organ meats, chia seeds
Protein synthesis Blood sugar control	Magnesium	Green leafy vegetables, beans, nuts & seeds, yogurt, dark chocolate, figs, bananas

SEXUAL HEALTH

Sperm production	zinc	Animal products, especially shellfish, kidney beans, pepitas, flax seeds, sesame seeds, chickpeas, cashews, lentils, almonds
Libido	Raw garlic	Garlic – add raw to salad dressings, hummus and other dips and spreads

Improve blood flow	Unsaturated fats	Avocados,
Maintain normal muscle and nerve function	Magnesium	Green leafy vegetables, beans, nuts & seeds, yogurt, dark chocolate, figs, bananas

IMMUNE SYSTEM SUPPORT

Regulation of the immune system	vitamin D	Sunlight – 15 minutes per day (or 1000IU daily supplement until levels return to high-normal range)
Shorten the duration of a cold	Vitamin C	Capsicum, grapefruit, orange, tangerine, lemon, lime, mandarin, papaya, kiwi
Support immune system function	Alliums (sulphur-containing foods)	Garlic, onions, leeks, shallots, spring onions
Prevent colds	Ginger	Ginger – fresh added to food or grated into tea

Nikki Wagner Nutrition
nikkiwagnernutrition.com.au
0448 830 361