

MEN'S HEALTH AND LONGEVITY

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It's hard for guys to navigate the domain of diets. *Longevity* asked experts about the latest dietary research.

1. Fathoming fats

As of 2015, dietary fat was no longer under the restrictive spotlight. Cholesterol is not a nutrient of concern for over-consumption."

We need fats; they feed our brain and our body. High animal fats are the way forward. Healthy fats are the building blocks of testosterone, so this is very important."

2. Omega 3



Men need a lot of omega-3 fatty acids.

They assist the brain.

Also balance steroid hormones, including testosterone, reduce inflammation and repair tissue.

Omega three keep blood pressure and triglyceride levels low.

They reduce the risk of clots and blocked arteries.

“I do suggest men supplement with high levels of omega-3 fatty acids. Great dietary sources are healthy fish egg yolk (organic) and certain nuts and seeds. Vitamin D is also important for the body to turn the fat intake into hormones such as testosterone.

Even though a small amount of vitamin D comes from animal fats, 90% should be gained from sunlight.

3. Potent protein

Since men have a higher metabolism and higher muscle mass, they need more protein.

The body thrives on all 22 amino acids, but we need only eight essential amino acids from our food; the rest we can make.

Some amino acids build the muscle, bone and connective tissue. Others are involved in brain activity and hormone production (including testosterone).

It appears that men don't need more than 11% protein in their diets, but they do need to balance them with fats. The body needs fat to absorb protein.

Protein equals meat, but that is not the case.

Plants have between eight percent and eleven percent protein. They have a wider variety of amino acids, which are easier to absorb than from animal products.

It doesn't work to eat chicken every day, as you need to get protein from a variety of sources. Your body doesn't use protein anymore and converts the leftovers into fat.” It's important that you look at the right protein choices.

The best sources of protein include eggs and wild-caught fish nuts, legumes and quinoa.

4. Plant power

Carbohydrates aren't the only reason to eat vegetables and fruit. Today we know that nutrition goes far beyond proteins, fats, and carbs.

Make sure you get a lot of micronutrients in through vegetables, and your vitamins in through your fruit."

Some nutrients play a vital role in many important functions. This includes protecting against oxidative damage and fueling the metabolism.



Nitrate in beetroot increases energy levels in competing athletes. It is excellent for blood and colon support.

5. Fiber

Piderit explains that fiber is not considered when it comes to men's health.

It is important in men who are following a high protein to cut down fiber intake which in turn impacts on gut health.

"60% of your immunity is in your gut. So, if you are not eating fiber, you are not healthy. Your gut needs to be nice, strong and healthy.

Fiber not only aids digestion but also helps to prevent constipation.

Also improves the aging process, keeping you looking and feeling younger for longer.

5. Clarifying carbohydrates

Although refined carbohydrates aren't beneficial for our wellbeing. We still need some form of carbs.

Bread and pasta aren't the best foods for men.
They spike your insulin levels.

Also increases your hunger and create a sluggish, bloated gut. Carbohydrates are very important in our diet.

They should not be forsaken for the sake of any fad diet. It's the type of carb that is important, more than the amount."

"Healthy sources of carbs include starchy veggies such as:

- ❖ Butternut.
- ❖ carrots.
- ❖ beets.
- ❖ sweet potato
- ❖ legumes such as chickpeas, fruit, and whole grains such as brown rice, quinoa, and buckwheat.

How should a man's plate look like?

Half the plate should be colorful veggies (especially green).

A quarter should be high-quality protein. Fats should be starchy veggies or unrefined grains.

- 1/2 of the plate = a rainbow selection of vegetables
- 1/4 = healthy fats
- 1/8 = animal protein,
- 1/8 = plant protein.

Fish and salad person or a slice of meat and potatoes man, seems simple to find a healthy balance.

Replacing the bread with a sweet potato may help to keep your energy levels high and your waist trim.

Men should use 38 grams of fiber a day. That's 13 more grams than women.

We all know that fiber has the ability to maintain the body's regularity. Also, prevent constipation.

Consumption of fiber is also linked to the prevention of diabetes. Also promotes a healthy gut microbiome.



Preserve lean body mass

Over the years, several macronutrients have also labeled as bad guys or heroes.

Carbohydrates after fat had carried the title since the 90s.

Protein remains a hero. It had recently gained even more attention in the spotlight as bodybuilders.

They attribute their successes to protein consumption. Protein is the most satisfying macronutrient.

It provides important building blocks for muscle growth among other important functions.

The starting protein recommendations for aging populations may be one gram of protein.

Research is still developing in determining what the optimal intake for protein is.

If your goal is to lose weight, a higher protein diet can be effective, but not groundbreaking.

If you want to increase your protein intake, you must also reduce the intake of other foods to avoid weight gain.

As with most nutrients, it is best to get protein from food sources, not supplements.

Aging: everyone does it, yet some people seem unaffected by getting older. Could good nutrition be the key to a healthier, longer life?

Does Aging Equal Illness?

Aging is often associated with the development of one or more chronic diseases.

But it doesn't have to be that way. It's not always a matter of time before you have a heart attack or stroke.

Aging: Defy It With Diet

What are the best eating plans for minimizing the conditions associated with aging? Especially including inflamed joints, flagging memory, and failing eyesight?

Anti-Aging Nutrition

Antioxidants generate a lot of buzzes when it comes to longevity, but aging well takes more. You must optimize a myriad of beneficial nutrients.

This includes protein, calcium, and vitamin D.

This minimizes detrimental dietary components including saturated and trans fats.

Nuts

Nuts are cholesterol-free protein sources and are worthy substitutes for fatty meats.

Research published in the *American Journal of Clinical Nutrition* found that in a group of 35,000 men.

Those who ate foods rich in vitamin E, including nuts, lowered their risk of having a stroke.

Fruits and Vegetables

Produce provides fiber, vitamins, and minerals, as well as hundreds of anti-aging phytonutrients. When it comes to age-defying properties some produce is better than others.

According to the United States Department of Agriculture's tests for antioxidant activity.

Still, any fruit and vegetable are better than none. People who take in the most produce upwards of 10 servings a day have higher levels of antioxidants.

Produce lovers also have stronger bones. Magnesium and potassium supply dark greens rich in vitamin K.

Legumes

Legumes with complex carbohydrates and fiber ensure steadier blood glucose and insulin levels.

They provide a cholesterol-free source of protein. Legumes are also packed with antioxidants.

Whole Grains

Whole grains keep more of their natural nutrients particularly age-defying vitamin E. Also, Fiber and B vitamins are also a wealth of antioxidant compounds.

Low-Fat Dairy

Dairy foods are excellent sources of bone-strengthening calcium. They also supply protein that bolsters bones and muscle. It is also needed for peak immune function.

Fight Fat, Live Longer?

It's not only what you eat when it comes to stalling the aging process. Calories count, too.

"Being overweight stresses your heart, blood vessels, and joints, accelerating age-related diseases".

Excess body fat also plays a role in the development of dementia.

Certain cancers, and eye diseases, including cataracts and age-related macular degeneration.

Calorie reduction plans also lower the body's core temperature and insulin levels.

Aging: We're all doing it. combining a diet rich in "anti-aging" foods with fewer calories may help us do it better -- and live longer.

