

10 Best Foods For Men

10. You Say Tomato...

Lycopene, the antioxidant plentiful in tomatoes, is especially good in the prevention of prostate cancer. Even better doses of lycopene are found in cooked tomatoes, such as tomato sauce. More lycopene equals more protection.

9. Get Into The Swim of Seafood!

Seafood is high in protein and zinc. Zinc is important for immune function and (once again) prostate health. Research shows that if a man lives long enough, chances are he will develop prostate cancer.

8. Bring on the Broccoli!

For men, broccoli is very helpful in the prevention of heart disease and cancer, the number one and number two killers for men over 35 years of age.

7. There's Something Fishy Here!

It may not sport a manly color, but that lovely pink salmon is filled to overflow with omega 3 fatty acids. Those fatty acids are effective in lowering the risk for prostate cancer. It's also helpful for heart health, too.

6. A Breath of Fresh Air!

According to a study in Penn State's College of Health and Human Development, deodorized garlic capsules help bring down blood cholesterol levels of men. The guys' cholesterol levels dropped 7 percent over 5 months, but remained unchanged in men downing placebos. But instead of swallowing pills, why not eat garlic in the food you love.

5. Sow Your Oats!

Consider that it's full of fiber, chock full of B vitamins (for stress) and lots of zinc for the prostate

4. Rice is Nice!

But don't chow down on just any style rice -- make it brown rice. Not only is it high in fiber, but it also has a good sampling of B vitamins, magnesium, potassium and zinc: all the stuff guys need.

3. Toss the Greens!

This is the stuff you loved to hate as a kid, but gotta eat as an adult. The experts say a whopping 35 percent of cancer deaths may be attributed to diet. Dark, leafy greens are nutrient rich foods that are just packed with nutrition: beta-carotene, vitamin E, vitamin C, and important minerals such as calcium, magnesium and potassium.

2. Go Nuts for Fruit... and Nuts!

Eaten raw, nuts are a great source of vitamin E and adequate vitamin E helps with heart health. Nuts are also filling and satisfying. Try a little raw almond butter a piece of whole wheat bread with a half a banana sliced up on top. It's delicious! Bananas are a great portable fruit for everyone, men included, and they're a wonderful source for potassium, also important for heart health.

1. Take Water, Water Everywhere!

It is estimated that as many as three out of four of Americans are dehydrated! Water may not contain nutrition, but it is considered a nutrient because of the powerful effect it has on the body and bodily function.