

diet. One serving of beans contains less than 0.5 grams of mostly polyunsaturated fat, no cholesterol, about a third of the recommended daily intake of 400 micrograms of folacin and 11 percent of the recommended intake for thiamin. A serving of beans contains large amounts of iron, phosphorous, magnesium, manganese, potassium, copper, calcium and zinc. Beans are high in isoflavones, which protect prostate health and have been shown to lower prostate cancer risk.

Green tea

Green tea is the handyman of health foods. It has a good effect on arthritis, antibiotic-resistant bacteria and prostate cancer cells. The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant. In addition to inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has been effective in lowering LDL cholesterol levels and inhibiting the abnormal formation of blood clots. It also helps with weight control by inhibiting fat absorption in the intestinal track and increasing energy expenditure without increasing heart rate.



Author: Heli J. Roy, Ph. D., R.D.

Visit our website:
www.LSUAgCenter.com



Louisiana State University Agricultural Center
William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station
David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service
Paul D. Coreil, Vice Chancellor and Director

Pub. 3150 (5M) 6/10

The LSU AgCenter provides equal opportunities in programs and employment.

Superfoods for Men



You may have heard about superfoods. You may even know superfoods can be good for you.

But do you know why?

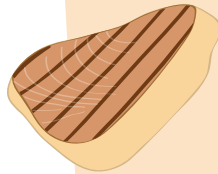
Superfoods provide a host of benefits to help us live longer, healthier lives. They are high in phytonutrients, chemicals that occur naturally in food. They protect against cancer, diabetes, heart disease and hypertension and may also boost your immune function and perhaps lower your risk for infection.

Since they are available at local supermarkets, easy to grow in a garden, and found at many restaurants, superfoods can easily be added to your daily diet.

Here are 10 superfoods that offer a good start to a balanced diet for men:

Seafood

Seafood and fatty fish have omega-3 fatty acids that can benefit the cardiovascular, circulatory and immune systems. Omega-3 fatty acids are potent anti-inflammatory foods that can help reduce the risk for prostate cancer, triglyceride (blood fat) levels, aches and pains and certain kinds of arthritis. The American Heart Association recommends that everyone eat fish twice per week.



Nuts

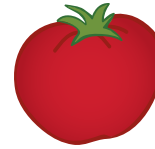
Adding nuts such as pecans, almonds and walnuts to your diet can lead to a reduction in LDL cholesterol (bad cholesterol) and a reduction in the risk of coronary heart disease. Nuts also can increase HDL (the good cholesterol).

Whole grains

A diet rich in whole grains provides fiber, vitamin E, folic acid, thiamin, riboflavin, iron, magnesium and zinc. These are necessary for a healthy heart and building muscle. The types of fiber and complex carbohydrates in whole grains also maintain your blood sugar level, which can reduce abdominal fat and help keep your waistline smaller.

Tomatoes

Tomatoes are an excellent source of many nutrients such as lycopene and vitamin C. Lycopene may lower your risk of prostate cancer by as much as 35 percent. Cooked tomato products, such as spaghetti sauce, pizza sauce and chili sauce, are the best sources of lycopene.

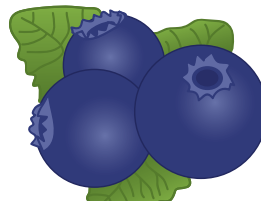


Red and orange fruits and vegetables

Vitamin C and beta carotene in red and orange fruits and vegetables are anti-oxidants that help preserve healthy skin cells and prevent sun damage. Vitamin C helps keep your skin firm by building collagen, and beta carotene repairs damaged skin cells. Beta carotene also is necessary for night vision.

Berries and cherries

Berries have many different compounds that have anti-oxidant properties, including vitamin C. The violet, blue and red colors in berries and cherries are responsible for their healthy properties. Red and blue berries are full of the health-protecting flavonoid anthocyanin. Adding berries to the diet may even help slow the decline in brain function that can occur with aging. Try adding berries to cereal in the morning.



Cruciferous vegetables

Cruciferous vegetables like broccoli, cabbage and Brussels sprouts are full of valuable nutrients. At the top of the list is a compound called sulforaphane, a chemical that increases your body's production of enzymes that disarm cell-damaging free radicals and reduces your risk of cancer. Other important nutrients include vitamin C, beta carotene and potassium.



Green leafy vegetables

Dark green leafy vegetables are concentrated sources of many nutrients. They are a rich source of minerals including iron, calcium, potassium and magnesium, as well as vitamins K, C, E and many of the B vitamins, such as folic acid. They also provide a variety of phytonutrients including beta carotene, lutein and zeaxanthin, which protect our cells from damage and our eyes from age-related problems. Dark green leaves even contain small amounts of omega-3 fats. One of the most important nutrients in greens is folic acid. Folic acid is required for the metabolism of several important amino acids. Without folic acid, a compound called homocysteine, which has been linked to increased risk of heart disease, can build up in the bloodstream.

Dried beans and lentils

One serving of beans is a half cup. Each half-cup serving of dried beans provides 6 to 7 grams of protein and about a quarter of our daily required dietary fiber. Most of the fiber from beans is insoluble, which may reduce the risk of colon cancer. The remaining fiber is soluble fiber, which may reduce blood cholesterol. Studies have confirmed beans are effective hypocholesterolemic agents when added to the