

allbirds



SHOP THE SHOES >



≡ **Men'sHealth**



FOOD & NUTRITION | DIET

Doctor's Orders: These Are The 7 Foods Doctors Prescribe For Your Health

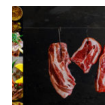
Think of these foods as your shield against a costly doc visit

29 March 2018

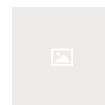
RELATED ARTICLES



[Regulate Your Nutrient Intake](#)



[Muscle Up With Lamb Chops And These Protein-Packed Sides](#)



[6 Reasons To Eat More Avocado](#)



[Thick-Cut Sirloin Steaks With Bacon And Blue Cheese Butter](#)

Here's what most guys buy at the shops: beef, chicken, sugary desserts and alcohol. Really: the research firm Hartman Group studied this recently. Those categories are also among the top sources of calories in the average man's

diet. Beef and chicken are fine, but you know the effects of excess alcohol and sweets. Carry extra fat and you could end up in the office of a nutritionist or cardiologist.



[Eat This Sweet Treat to Boost Your Brain](#)

Why not short-circuit the process and eat the way the experts do? We checked in with six top names in health to find out what foods they always eat and why they eat them. This go-to shopping list will keep all your systems running at optimum efficiency.

Related: [8 Fatty Foods You've Been Warned Against, But Should Definitely Eat Anyway](#).

The Expert Panel:

David Katz- founding director, Yale-Griffin Prevention Research Centre

Stephen Kopecky- cardiologist and professor of medicine, Mayo Clinic

William Yancy- programme director, Duke Diet & Fitness Centre

Jim White- spokesman, Academy of Nutrition and Dietetics

Cara Anselmo- clinical dietitian, Memorial Sloan Kettering Cancer Centre

Alicia Anskis- clinical dietitian, Massachusetts General Hospital

1. Oysters

Join Our Daily Newsletter!

Your name?

Your email?

Sign up



Yes, oysters. These briny bivalves outmatch all other foods when it comes to zinc content. “Zinc plays a role in enzyme activity and protein synthesis and is key for immune health,” says Anskis. Plus, studies suggest a link between zinc deficiency and decreased testosterone. Oysters are also loaded with iron and vitamin B12, both of which support blood circulation and energy metabolism. Try to work oysters into your rotation of two to three servings of seafood a week.

Related: [These Foods Are All Natural Aphrodisiacs, Add Them To Your Dinner Tonight](#)

Try 'Em: If you can find fresh oysters, shuck 'em and slurp. Or buy canned, smoked, bacony-tasting oysters (they're in the tuna aisle). Pop them on crackers and add goat's cheese.

2. Something Blue or Purple

Dr Kopecky came up with this one, and he's not talking about blue Smarties. He means produce like blueberries, grapes, aubergine (with the skin), and red cabbage. The pigmentation signals the presence of anthocyanins, a group of antioxidants that battle inflammation. Eat these to lower your risk of inflammation-related illnesses like heart disease, diabetes and cancer.

Try It: In a medium bowl, mash a handful of blueberries with a little salt and chopped basil; add a splash of balsamic. (You can add fresh minced chiles too.) Spoon this slightly sweet sauce on top of baked salmon or roast chicken.

3. Eggs

We're talking whole eggs, not just whites. Yolks have compounds that keep your eyes, brain and bones healthy. Research now confirms that they won't spike your cholesterol, says Anskis. Eggs also have the highest "biological value" of any protein source. Translation: your body can absorb more of the protein for greater muscle-building benefits.

Related: [A Quick Muscle Recipe: Pizza Eggs](#)

Try 'Em: For a no-heat lunch, try curried egg salad with greens. Mix 8 chopped hard-boiled eggs with 1 Tbsp Greek yoghurt, ½ Tbsp curry powder, some chopped parsley and salt to taste.

4. Olive Oil

"Your primary fat should be olive oil," Dr Kopecky says. Researchers credit a potent polyphenol called oleocanthal for fighting everything from Alzheimer's to some cancers. Consider your supplier too. "I only buy extra virgin olive oil and get it at shops that have a high turnover," Dr Kopecky says. "If it sits for too long a time, it loses some of its benefits."

Try It: Extra virgin olive oil is best used for lower-temp cooking. At higher temperatures, beneficial compounds break down and the taste suffers. So use it to sauté or as a finisher for soups or salads.

5. Oats

"All whole grains are good, but oats are probably the easiest to add to your diet since they're not hard to cook," Anskis says. Two cups of oatmeal has 8 grams of fibre; that's about half of what the average person eats daily. That's not close

to the 38 grams you need to drop your risk of heart disease, stroke, hypertension, and diabetes, so eat fibre from produce too.

Related: [4 Simple Heart-Healthy, Fibre-Rich Breakfast Bowls](#)

Try 'Em: You don't always have to go sweet with oats; their sturdy texture can also support savoury flavours. Add salmon and avocado, or mix in mushrooms and greens sautéed in garlic.

6. Beans

Two things in life are guaranteed to break your heart: high school crushes and not eating beans. In a 2014 study, people who ate $\frac{2}{3}$ cup a day of legumes – such as peas, beans and lentils – reduced their LDL (bad) cholesterol by 5%. Have a half-cup serving of beans at least three or four times a week. Black, white, red, kidneys, navy – your body doesn't care.

Try 'Em : Toss a rinsed can of chickpeas with olive oil, a little garlic powder, smoked paprika and salt. Roast at 200° for 30 to 40 minutes, tossing halfway. It's a crunchy, smoky snack.

7. Walnuts

All nuts contain heart-healthy good fats, but three of our experts singled out walnuts as nutritional champs. They're packed with omega-3 fatty acids, says White, which may also strengthen your sperm. In a Biology of Reproduction study, the swimmers of men who ate about $\frac{2}{3}$ cup of walnuts a day showed improved motility, vitality and shape.

Related: [Improved Memory with Walnuts](#)

Try 'Em: Mellow out their flavour by blending walnuts into a shake, dropping them into a soup, scattering a few atop a salad, or crushing them to use in a breading for fish or chicken.

READ MORE ON: [Diet](#) [Doctor](#) [Food](#) [Healthy Eating](#) [Nutrition](#)