

optimal foods to boost testosterone

These foods emphasise the nutrients associated testosterone (i.e. vitamin D, magnesium, vitamin E, zinc, folate, vitamin B6, vitamin C and vitamin K). From a macronutrient perspective, these foods are 50% protein, 19% fat and 19% net carbohydrates with an energy density of 115 calories per 100g.

vegetables

- spinach
- coriander
- watercress
- broccoli
- chicory greens
- chard
- Chinese cabbage
- parsley
- lettuce
- endive
- asparagus
- arugula
- mustard greens
- cabbage
- radicchio
- chives
- escarole
- okra
- Brussel sprouts
- seaweed (laver)
- cauliflower
- beet greens
- zucchini
- banana pepper
- collards
- red peppers
- celery
- seaweed (kelp)
- turnip greens
- amaranth leaves
- kale
- sauerkraut
- alfalfa
- seaweed (wakame)
- onions
- mung beans
- summer squash
- snap beans
- artichokes
- radishes
- peas

- white mushroom
- jalapeno peppers
- portabella mushrooms
- shiitake mushroom
- chayote
- edamame
- red cabbage
- butternut squash
- soybeans
- yeast extract spread
- pumpkin
- winter squash
- leeks
- eggplant
- pickles
- cucumber
- turnips
- rhubarb
- spirulina
- pinto beans

spices

- basil
- sage
- thyme
- dill
- marjoram
- cloves
- paprika
- tarragon
- curry powder

offal

- liver
- heart
- kidney
- brains

fruit

- blackberries
- strawberries
- kiwifruit

animal products

- chicken breast
- egg yolk
- whole egg
- veal
- turkey
- sirloin steak
- chicken drumstick
- ground beef
- ground pork
- pork chops
- chuck steak
- leg ham
- sirloin steak
- ground turkey
- turkey
- porterhouse steak
- lamb

seafood

- fish roe
- crab
- halibut
- salmon
- oysters
- lobster
- crayfish
- caviar
- trout
- cod
- shrimp
- sturgeon
- pollock
- haddock
- octopus
- flounder
- mussel
- mackerel
- perch
- whiting
- anchovy
- molluscs