

Men's Hormone Balancing Diets

Healthy Fats

Heart-healthy fats are added to this plan by foods like olive oil, avocados, nuts, and seeds to support healthy [leptin and ghrelin levels](#) for hunger and appetite control, as well as testosterone levels. [Erectile dysfunction](#) appears to lessen in men adhering to the Mediterranean diet which contains plenty of omega-3 and omega-6 fats. These types of fats influence sperm maturation, motility, and acrosome reaction. [Omega-3 fats](#) can also assist with stress reduction by lowering [cortisol concentrations](#) and are found in fatty fish such as mackerel and plant-based oils.

Protein

Protein is considered to be the most [satiating](#) macronutrient as it induces prolonged [ghrelin suppression](#). Eating protein regularly, especially at breakfast, can help lower [ghrelin levels](#) and may reduce overeating later in the day. Getting enough daily protein also helps to balance [blood sugars](#) and maintain muscle mass.

Complex Carbohydrates & Fiber

Dietary fiber intake is associated with several health benefits including lower blood pressure, improved [blood glucose control](#), and weight loss. Soluble fiber found in foods like oats and legumes has been shown to delay hunger and increase satiety through effects on certain [gut hormones](#). Complex carbohydrate sources are incorporated in this plan from whole grains, fruits, and vegetables.

Zinc

Zinc plays an essential role in the immune system, [male fertility](#) and in maintaining the lining of reproductive organs. A deficiency in this mineral can cause sperm abnormalities and lower testosterone concentration, growth impairment, [hypogonadism](#), and some endocrine diseases. Zinc is also important for the metabolism and synthesis of [thyroid hormones](#) which help maintain body homeostasis. Zinc is included in this plan from seafood, legumes, dairy, and oats.

Magnesium & Vitamin B6

Research shows magnesium plays a role in managing [testosterone levels](#), [anxiety, and depression](#). Vitamin B6 is effective when combined with magnesium in adults with [severe stress](#). This meal plan provides adequate magnesium and vitamin B6 from seeds, nuts, spinach, chicken, potatoes, and bananas.