



January 21, 2016 – Grand Rapids, MI

Fruit Intake and Men's Health

On Monday I talked about a recent study on vegetables and glaucoma. Today the subject is fruit intake and men's health, specifically, the relationship between eating certain types of fruit and erectile dysfunction. Wonder why I didn't put that in the title? Because it would have ended up in your spam folder. But this isn't about inanimate objects such as computer programs and how they evaluate subject lines, it's about phytonutrients.

Researchers again examined the data from the Healthcare Professionals Follow-up Study. This time, they examined the relationship between the specific phytonutrient intake typically found in fruit and self-reporting of erectile dysfunction. Using the food intake data from Food Frequency Questionnaires and the self reporting of ED, researchers found that those men with the highest intake of fruits that contain specific phytonutrients had a 10% reduction in reporting erectile dysfunction.

The specific types of phytonutrients were anthocyanins, flavanones, and flavones. What are the primary sources of those? The top five sources of these phytonutrients are strawberries, blueberries, red wine, apples and pears, and citrus products. The fruit that showed the most benefit? Blueberries.



The question is why nitrates from vegetables and flavonoids from fruit would convey health benefits. I'll answer that question on Saturday. In the meantime, a nice salad with a fruit compote dessert sounds good right about now, doesn't it?

What are you prepared to do today?

Dr. Chet

Reference: Am J Clin Nutr doi: 10.3945/ajcn.115.122010.

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