

# 10 Research-Backed Nutrition Tips for Men Over 35



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If you're a high-achieving man looking to optimize performance, body composition, and energy, these 10 research-backed strategies are a great place to start. Here's the short list:

1. **Boost Brain Health with Omega-3s** – Regular intake slows cognitive decline. (Frontiers in Aging Neurosci, 2020)
2. **Understand Testosterone's Role in Metabolism** – Low T links to belly fat and insulin resistance. (JCEM, 2005)
3. **Stop Prediabetes Before It Starts** – 1 in 3 men over 40 are affected. Protein + fiber stabilize blood sugar. (Diabetes Care, 2019)
4. **Creatine for More Than Muscle** – Also improves memory and reaction time. (Exp Gerontol, 2021)
5. **Fight Age-Related Muscle Loss** – You need more protein after 40. (J Nutr Health Aging, 2017)
6. **Magnesium Is Underrated** – Crucial for T, insulin, and sleep. (Nutrients, 2020)
7. **Prioritize Sleep** – Less than 5h/night reduces testosterone significantly. (JAMA, 2011)
8. **Cut Ultra-Processed Foods** – 70% of men are overweight. Food choices matter. (Cell Metab, 2023)
9. **Zinc Supports Hormones + Immunity** – Most men don't get enough. (Nutrients, 2020)
10. **Eat to Reduce Inflammation** – Olive oil, berries, fish help; sugar and seed oils don't. (Nat Rev Immunol, 2018)

Want help putting these into practice? Book a complimentary call with our team to review your labs, goals, and build a strategy personalized to you.

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