



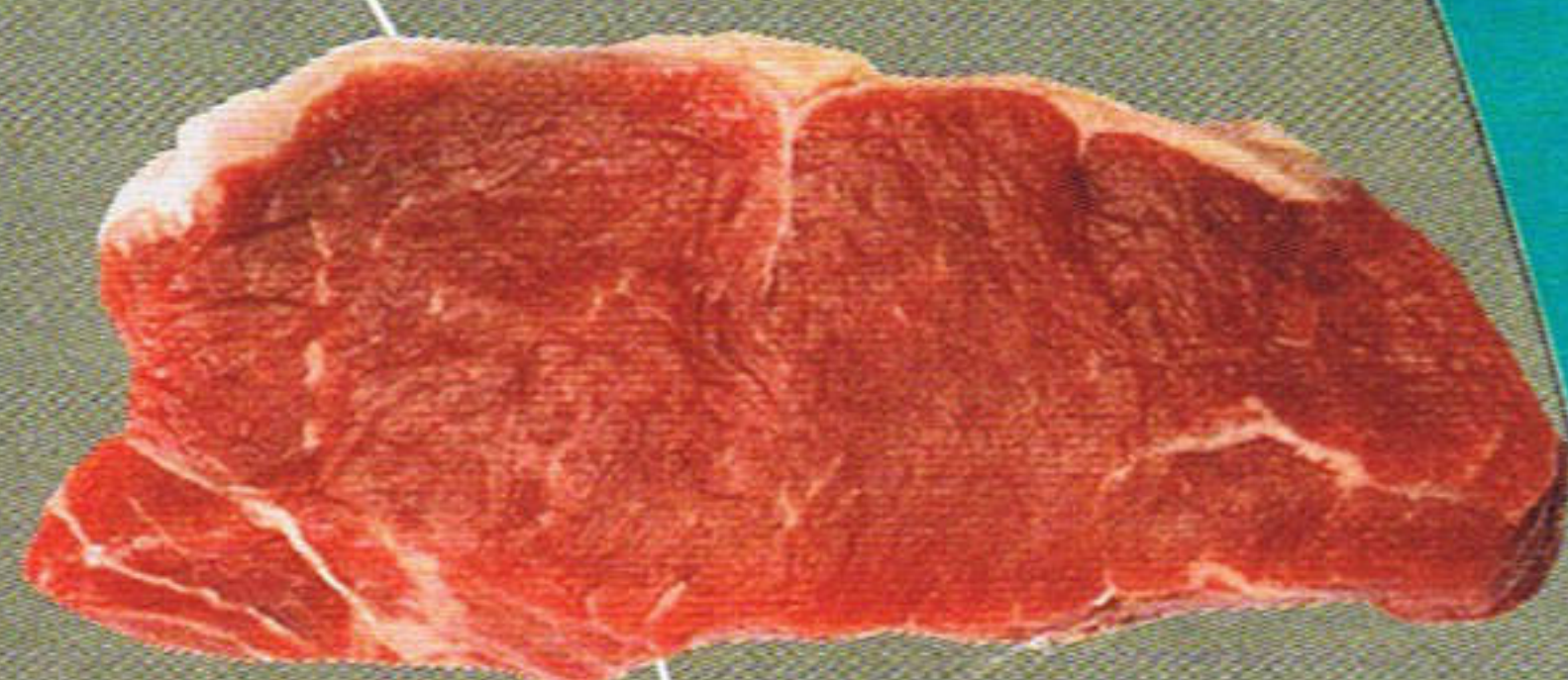
■ 1 portion of tomatoes

They're rich in the prostate cancer-fighting lycopene.



1 medium sugar-free yoghurt

It will boost your metabolism and aid digestion.

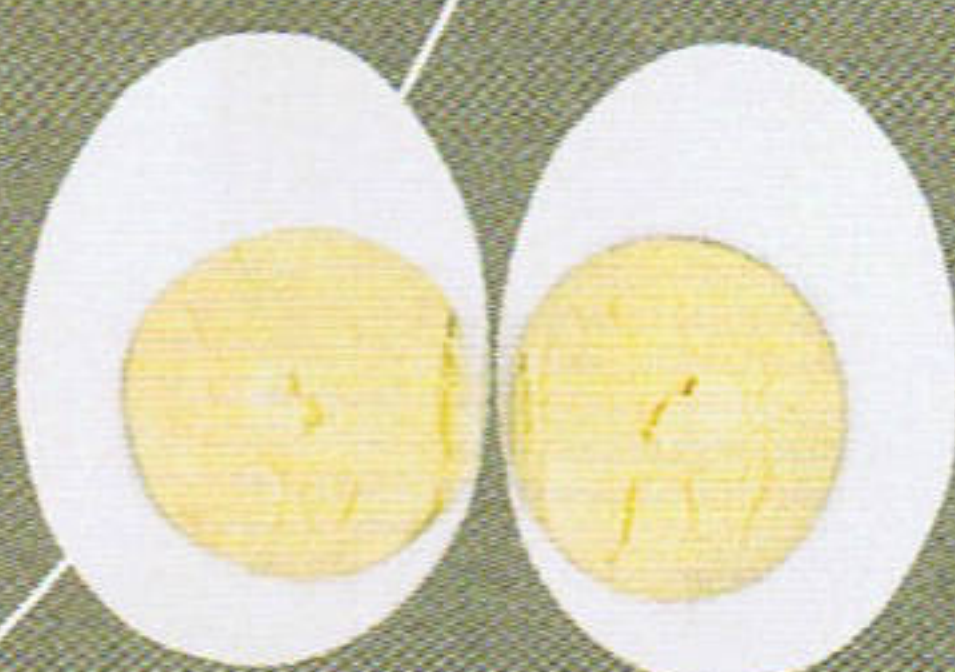


■ A portion of lean red meat

Excellent protein source and high in saturated fat which you need to produce testosterone.

■ Avocados and bananas

They have tyrosine which keeps you motivated, and alert during training.



■ 2 eggs

A source of protein and iron, which transports oxygen needed for exercise.



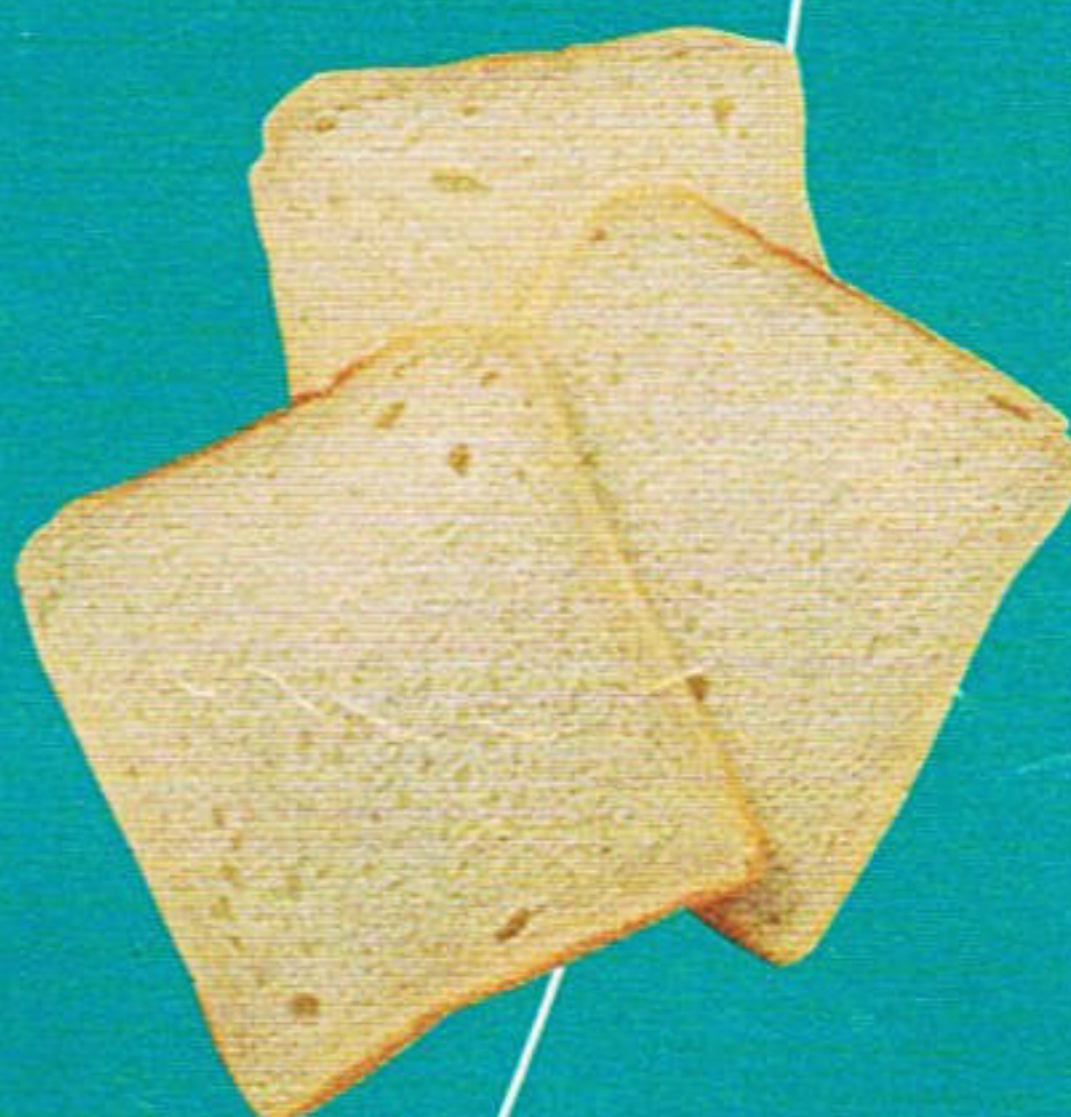
■ 1 portion Hummus

You need the folic acid in the chickpea pulp for memory and healthy sperm.



■ Cereal

These often have hidden sugar and salt but can be good for energy.

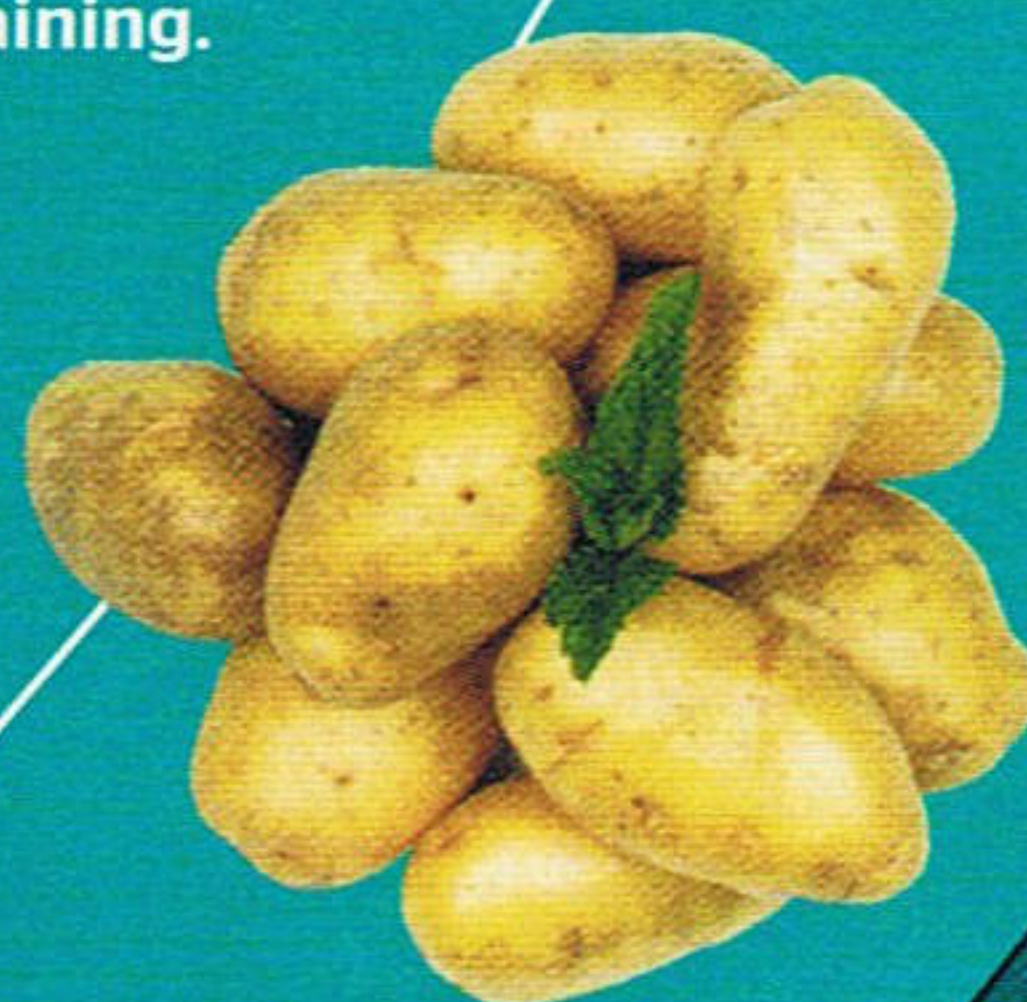


■ White breads and pastries

Up to 80% of their essential minerals are lost in processing.

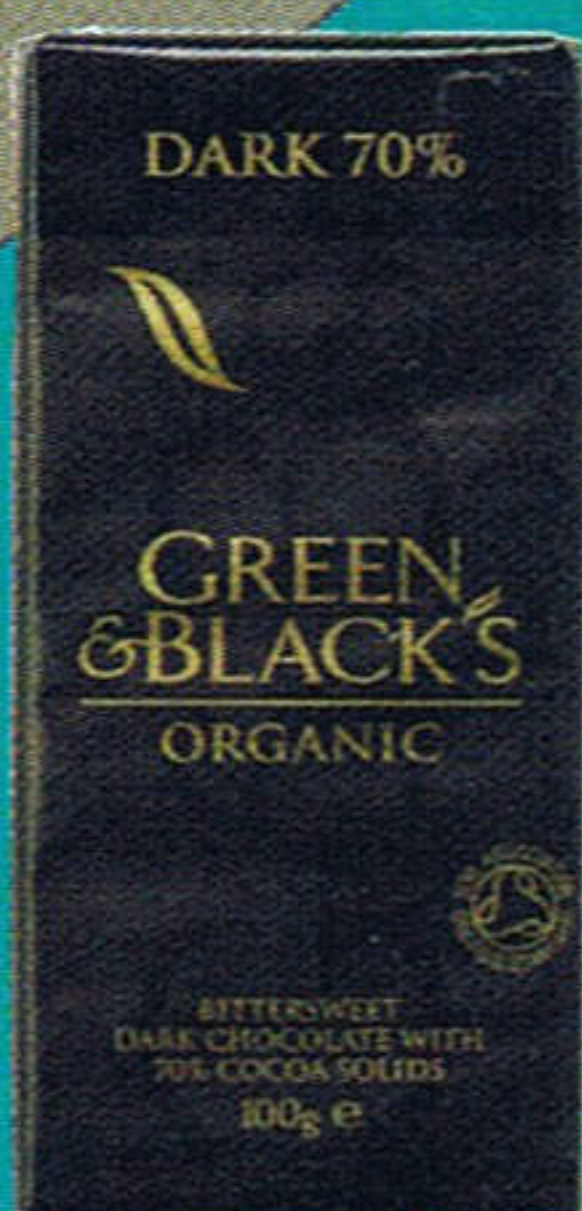
■ Potatoes

Full of vitamin C and a good source of energy to fuel your training.



■ Chocolate

It stimulates dopamine production which makes you happy.



■ Fizzy drinks

They're high in phosphoric acid which leeches the calcium from your bones.

■ Cured meats - bacon and hot dogs

These use nitrates to preserve colour which can convert into nitrosamines: cancer-causing chemicals.



■ Double espressos

Heavy whacks of caffeine cause abnormalities to your sperm.



■ Sugar

It gives negative energy by playing with your blood sugar balance, increases risk of tooth decay, mood swings, anxiety, obesity and diabetes.



■ Takeaways

Mostly fried and full of soon-to-be banned trans fats.



■ Plastic covered ready meals

These bring on man boobs as the plastic promotes the female hormone oestrogen which can lead to increased fat production.



■ Pretzels and doughnuts

Made of white flour, water and sugar, these are only masquerading as a healthy snack.