Avocados and omega-3 claims

So avocados are actually pretty low in omega-3 content, with about 0.2 grams of omega 3s per whole avocado. For reference, that's about the omega three content of half a teaspoon of ground flax seeds.

But that aside, he also doesn't cite a reference for this graph, which is a huge red flag. And I tried searching and couldn't find its source.

Questioning the evidence on omega-3s and testosterone

But after reviewing the available research on omega-3s and testosterone, I wasn't able to find any good evidence that the type of omega 3 found in foods like avocados or flax seeds could raise testosterone levels.

In this study, they gave 10 times the omega three you would find in an avocado and still didn't see any meaningful impact on testosterone level. First I'll just point out that a lot of the numbers presented here don't appear to be accurate based on the USDA data, but that's beside the point.

He uses the term nutrient dense and says the more nutrients, the test. Well, my question would be which nutrients and in what amounts? Can I just take a high dose vitamin C tablet and boost my testosterone?

Critiquing nutrient-dense buzzwords

What about a B12 shot? Has kiwi consumption itself been shown to boost testosterone. It honestly just seems like he's throwing buzzwords out there like nutrient dense and hoping that it sticks.

The biggest secret? Pomegranates. It's actually been shown that when you eat pomegrates, it boosts athlete's testosterone. So eat this shit. This snippet that he pasted from Google actually isn't from a full published study, It was from an abstract that's been presented at a conference.

The amount of information that we have from it is quite limited.

Pomegranate juice and the conference abstract

but they did find that after two weeks of consuming 500 milliliters of pomegranate juice, which is about three medium pommegranates worth of juice per day, testosterone levels were somewhat higher than they were prior to the study.

But they also had a control group to compare to and didn't provide any of the data for that control groups. So we don't actually have a comparison between the groups, Which is just bizarre.

And he claims that pommagranates have been shown to boost testosterone in athletes, but the people in this study that he cited were not athletes. But funny enough, there is actually one small study on weightlifters that we can look at.

And in that study, the people that consumed the pomegranate actually saw a reduction in testosterone after working out compared to the placebo.

Weightlifter study and short-term testosterone changes

But that was immediately after workout and those levels rose back up. Short-term fluctuations in the testosterone

levels aren't necessarily important.

The fact of the matter is there's little to no human evidence supporting that a single food is going to meaningfully boost your testosterone level. nor will they tank your testosterone.

And don't get me wrong, the foods listed in this video are healthy and nutritious and there are plenty of reasons to consume them, but boosting testosterone isn't anywhere near the top of that list.