**What should I eat if my creatinine is low?**

Eating a well-balanced diet and high protein foods like lean meats, fish, and dairy products may help increase creatinine levels.

**What food is highest in vitamin D?**

The best food sources of vitamin D are oily fish, including salmon, mackerel, and sardines. Other sources include egg yolks, red meat, and liver. Vitamin D is added to some foods too, including breakfast cereals, plant milks and fat spreads.

Vitamin D deficiency can happen when a person does not get enough vitamin D, either from sunlight or food.

**food sources of vitamin D include**:

* oily fish, such as mackerel, tuna, and trout
* beef liver
* some mushrooms
* chicken breasts
* some dairy products
* fortified cereals

**Testosterone in males is important for:**

* development during puberty
* sperm creation
* strengthening of muscles and bones
* cognitive health and function
* heart health
* sex drive

**In males, lower testosterone levels**[**can lead to**](http://www.urologyhealth.org/urologic-conditions/low-testosterone)**:**

* [hair loss](https://www.medicalnewstoday.com/articles/70956.php)
* a reduction in muscle tone
* more fragile skin
* a [reduced sex drive](https://www.medicalnewstoday.com/articles/324861)
* mood disturbances
* memory or concentration problems

**Foods to Naturally Boost Testosterone Levels**

* Garlic.
* Shellfish.
* Fatty Fish.
* Leafy Greens.
* Cruciferous Vegetables.
* Cocoa.
* Avocados.
* Herbs.

**A low total cholesterol to HDL ratio is generally considered healthy and indicates a lower risk of heart disease**