

# Food That Can Help Maintain Stronger Erections and Stay Erect

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Foods that boost blood flow can help you get and keep a harder, firmer erection. When a man is sexually aroused, the corpora cavernosa muscles in the penis relax and expand, causing the penis to become engorged with blood.

Although no one food can instantly fix erectile dysfunction (ED), eating a balanced diet full of fruits, veggies, protein and healthy fats can improve overall vascular health.

## Dark Chocolate

Dark chocolate is a natural source of flavonoids, which help improve blood flow to the penis. This boost in blood flow is essential for erectile function. It also helps lower blood pressure. Men with erectile dysfunction can use [Cenforce 150](#), which includes sildenafil citrate, to enhance blood flow to the penis and help them attain and maintain an erection when sexually stimulated.

Chocolate contains serotonin and phenylethylamine, which are natural aphrodisiacs. These chemicals increase libido and reduce fatigue and stress.

Watermelon is rich in citrulline, a precursor to nitric oxide. Nitric oxide dilates and relaxes blood vessels, allowing blood to flow to the penis more easily.

## Oranges

An apple a day may help prevent erectile dysfunction (ED). This fruit contains Vitamin C, which promotes blood flow and enhances vascular health. [Kamagra Oral Jelly Sydney](#) functions by preventing an enzyme from controlling the flow of blood to the penis, which can result in stronger erections.

Watermelon is another great aphrodisiac food, as it contains citrulline, which helps relax and dilate the blood vessels in the penis. This makes it easier to get and keep an erection.

Leafy greens like spinach, kale and beet leaves contain nitrates that improve blood flow to the penis. They also contain folic acid, which can reduce symptoms of ED caused by low testosterone levels.

## Salmon

While changing your diet won't instantly cure erectile dysfunction, over time it can make a huge difference. "Food is the best medicine," says Isadora.

Fatty fish, such as salmon, tuna, and mackerel contain omega-3 fatty acids that help elevate dopamine in the body and improve blood flow for an erection. Garlic and peppers also provide high amounts of the amino acid L-citrulline, which promotes nitric oxide production and improves blood flow.

### Berries

A diet rich in berries can help your penis stiffen up. They contain citrulline, which can boost nitric oxide levels and relax blood vessels. This leads to improved blood flow to your dick, which is a must for an erection.

Spinach and other green leafy vegetables contain nitrates, which have vasodilating properties similar to those of nitric acid. Oysters and other shellfish are also considered aphrodisiacs because they're high in zinc, a mineral that improves testosterone production.

### Broccoli

When you think of aphrodisiac foods, oatmeal probably doesn't come to mind. But this food is actually a great source of the amino acid L-arginine, which helps blood vessels in the penis to relax and improves circulation.

Carrots are also rich in flavonoids and may boost sperm count and motility thanks to their beta-carotene content. Just make sure you steam your carrots for at least a few minutes.

### Avocados

A kiwi a day could help with blood flow and vascular health. Wrapping the kiwi in a paper bag or placing it in the microwave with bananas increases the exposure to ethylene gas, which speeds up ripening.

Watermelon contains citrulline, which relaxes and dilates blood vessels to boost nitric oxide levels for improved blood flow to the penis. This can improve erections, according to one study.

Carrots are rich in carotenoid antioxidants, which improve sperm count and motility, according to studies.

### Almonds

When it comes to a satisfying erection, good blood flow is key. Luckily, your diet plays an important role in this.

One study found that pistachios helped boost erections by supplying the body with arginine. This amino acid helps relax blood vessels and improves blood flow.

Eating a healthy, balanced diet can help you lower your risk for chronic conditions that lead to ED like high cholesterol and diabetes. It can also help you stay at a healthy weight.

## Green Tea

You may have seen teas marketed as erection supplements or sexual enhancers. These teas usually contain a mix of herbs that are thought to improve penile strength or performance during intimate moments.

Ginseng tea is thought to relax muscles in the penis and allow blood to flow into the area. It's also linked to decreasing fatigue, improving immune system function and reducing stress.

## Water

While it's certainly not a miracle cure, consuming erection-friendly foods and drinking plenty of water can definitely improve your performance in the bedroom. H<sub>2</sub>O helps beat fatigue that comes from prolonged activity between the sheets, leaving you with more energy for your dick.

Magnesium has been shown to boost testosterone and improve blood flow, while pistachios contain arginine, a compound that helps relax the muscles in your penis and arteries to improve blood flow. Drinking water also helps fight dehydration, which has been linked to ED.