

Foods that affect male fertility

To improve sperm thickness (volume of semen) and strength (sperm quality and motility), it's essential to maintain a balanced intake of specific nutrients. Here is a list of the key nutrients you need to quickly and effectively help you to boost your sperm health and what foods they're found in:

Nutrient	What foods is it found in?	Impact on sperm
Omega—3 fatty acids	<ul style="list-style-type: none">• Walnuts• Fatty fish (salmon, tuna, mackerel, sardines)• Seeds (flaxseed, chia seed)• Avocados• Canola oil	<ul style="list-style-type: none">• Minimize oxidative stress• Can increase sperm motility• Can increase sperm count• Can reduce abnormal sperm cells <p>Possible association between</p> <ul style="list-style-type: none">• eating saturated fatty acids and quicker time to pregnancy
Antioxidants (L—arginine, Carnitines, carotenoids, coenzyme Q10, cysteine)	<ul style="list-style-type: none">• Berries• Dark chocolate• Dark leafy greens• Kidney beans• Apples• Garlic• Spices (ginger, cloves, turmeric)	<ul style="list-style-type: none">• Can improve sperm motility• Can reduce abnormal sperm• Can increase sperm concentration• Can improve sperm count
Zinc and selenium	<ul style="list-style-type: none">• Oysters• Pumpkin seeds	<ul style="list-style-type: none">• A potent antioxidant• Plays a role in testes development <p>Essential for the production of sperm</p> <ul style="list-style-type: none">• Can increase sperm quality
Folate and Vitamin B	<ul style="list-style-type: none">• Dark leafy greens• Eggs• Beets• Avocado• Bananas	<ul style="list-style-type: none">• Helps reduce oxidative stress• Can improve sperm quality

