

Sperm Health Grocery List

Male factors play a role in close to half of fertility cases, and sperm quality matters as much as egg quality. Sperm renews about every 3 months, so the foods you focus on now show up a couple of months later.

● Protein & seafood

- **Oysters:** the top food source of zinc for testosterone and sperm production.
- **Eggs:** vitamin D, choline, and complete protein.
- **Beef:** zinc and iron. Lean cuts, a few times a week.
- **Salmon & sardines:** omega-3s and vitamin D for sperm movement.

● Seeds & nuts

- **Pumpkin seeds:** zinc and magnesium for sperm and hormones.
- **Brazil nuts:** selenium for sperm shape. 1 to 2 a day is plenty.
- **Walnuts:** omega-3s linked to better motility and shape.
- **Almonds:** vitamin E to help protect sperm from damage.
- **Sunflower seeds:** vitamin E and healthy fats.

● Herbs & spices

- **Ginger:** may support circulation and sperm quality.
- **Turmeric:** antioxidant support for inflammation.
- **Garlic:** circulation and antioxidant support.
- **Fenugreek:** traditionally used to support testosterone.

● Vegetables

- **Spinach:** folate and antioxidants that support sperm DNA.
- **Mushrooms:** one of the few plant sources of vitamin D.
- **Tomatoes:** lycopene, an antioxidant tied to sperm quality.
- **Broccoli:** vitamin C and folate.

● Fruit

- **Berries:** antioxidants and vitamin C that help protect sperm.
- **Oranges:** vitamin C, which supports healthy sperm DNA.
- **Pomegranate:** antioxidants studied for sperm quality.

● Healthy fats & beans

- **Avocado:** vitamin E, folate, and healthy fats.
- **Olive oil:** antioxidants and healthy fats for hormones.
- **Lentils:** plant protein, folate, and fiber.
- **Chickpeas:** plant protein, folate, and zinc.
- **Dark chocolate:** zinc and antioxidants. Choose 70%+.

Beyond the plate

- ✓ Give it about 3 months. New sperm takes 2 to 3 months to grow.
- ✓ Cut back on alcohol, smoking, nicotine, and cannabis.
- ✓ Sleep, movement, and a healthy weight support hormones.
- ✓ Keep cool: skip hot tubs, saunas, and laptops on the lap.
- ✓ Limit BPA plastics and everyday toxins where you can.
- ✓ Both partners benefit from preconception support.

Dr. Mariah Wilson, ND

Free newsletter → mail.mariahnd.com

mariahnd.com

Instagram @DoctorMariahND

YouTube @doctormariahnd