

### **Foods which boost fertility for HER:**

**Honey:** contains minerals and amino acids good for the reproductive system and stimulate ovaries function.

**Oily fish** e.g. salmon, mackerel and sardines contain omega 3&6 necessary for reproductive health. They also improve blood flow. Healthy fats also come from avocados, nuts and sesame seeds. For those who don't like fish, **flaxseed** oil is a great alternative.

**Spinach, leafy vegetables,** oranges and strawberries contain folic acid, essential for healthy sperm and ovaries and for preventing neural tube defects during the 1<sup>st</sup> trimester. Spinach also contains iron and vitamin C

**Garlic:** Selenium: prevents miscarriages; Vitamin B6: balances hormones and boost immune system

**Pumpkin seeds and black beans:** contains zinc which is necessary for health sperm and egg development

**Oysters:** boosts libido, contains zinc which is necessary for health sperm and egg development

**Yellow and Orange Vegetables** - Yellow and orange vegetables contain an abundance of beta carotene, an antioxidant, which has been shown to maintain hormonal balance and ward off miscarriage.

**Broccoli and Cabbage** - Cruciferous vegetables such as broccoli and cabbage contain a phytonutrient called DIM that helps with estrogen metabolism. They are also known to prevent fibroids and endometriosis in women.

**Carrots, peas and sweet potatoes** - Containing beta-carotene, these veggies will help regulate a menstrual cycle, thus improving chances for conception.

**Strawberries, blueberries, oranges, papaya, kiwi and cantaloupe** - Full of vitamin C and antioxidants, these fruits offer healthful reproductive benefits to women trying to conceive.

**Meat, chicken, fish, eggs and dairy products** (Protein) - Amino acids in protein are vital for viable egg production and for making LH and FSH which are important fertility hormones. Scientific research also suggests women who get more of their protein from plants and less from animal sources have fewer overall ovulatory issues. Be certain to monitor mercury level intake from seafood as high levels can be toxic.

## **Fertility boosters for HIM**

**Water** - To maintain optimal health and proper reproductive functions, one must remain optimally hydrated.

**Spinach** - Rich in antioxidants and full of folic acid and iron, leafy green vegetables are a vital ingredient for healthy sperm. Studies have indicated the more fruits and produce a man consumes, the less sluggish his sperm is.

**Red vegetables** - Containing lycopene; tomatoes are a carotenoid and are a known sperm count enhancer. Studies have indicated the more fruits and produce a man consumes, the less sluggish his sperm is.

**Fruit** - Containing antioxidants glutathione and cryptoxanthin, oranges, are associated with strong, viable, healthy sperm. Strawberries, blueberries, cantaloupe and papaya offer wonderful healthful benefits as well. Studies have indicated the more fruits and produce a man consumes, the less sluggish his sperm is.

**Meat, chicken, fish, eggs and dairy products (Protein)** - The amino acids in protein are vital for sperm production. Be certain to monitor mercury levels when consuming seafood.

**Oysters** - With an abundant amount of zinc, oysters are known fertility enhancer. Be certain to monitor mercury levels when consuming seafood. [One Dutch study cites sperm production increase by up to 74% by using a zinc and folic acid supplement.](#)

**Vegetarian sources of protein** - Beans, lentils, brown rice, quinoa and other whole grains, nuts and seeds.

**Pumpkin seeds and sunflower seeds** - Pumpkin seeds are naturally high in zinc and essential fatty acids which are vital to healthy functioning of the male reproductive system. Eat ¼ to ½ cup a day of pumpkin seeds to help maintain a healthy reproductive system. Sunflower seeds are a great source of protein, which is also vital for optimal sperm production.

**Oily fish** e.g. salmon, mackerel and sardines contain omega 3&6 necessary for reproductive health. They also improve blood flow and enhance the quality and speed of sperm. Healthy fats also come from avocados, nuts and sesame seeds.

**Organic foods** - Switch to organic foods. Some studies suggest chemicals and pesticides used on foods can impair sperm viability.

**Garlic:** Selenium enhances fertility in men