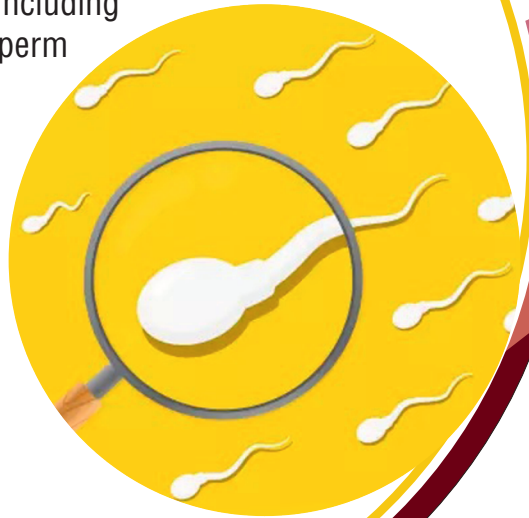


PRO-FERTILITY PLATE FOR MEN



UNDERSTANDING MALE INFERTILITY

Male infertility is a health issue in a man that lowers his chances of getting his female partner pregnant. It can result from various factors including low sperm production, low sperm motility, abnormal sperm function, or blockages in certain parts of the male reproductive system that prevent the delivery of sperm. Lifestyle, environmental factors, and health conditions also play a significant role.



Dietary Guidelines For MALE INFERTILITY

Diet can significantly impact sperm quality and overall reproductive health. The goals of dietary management for male infertility are to improve sperm count, motility and quality, increase antioxidant intake, and promote overall health.

Include in your Diet



1. Antioxidant-Rich Foods: Foods high in antioxidants can help protect sperm from oxidative stress. Include fruits, vegetables, nuts, and seeds.



2. Zinc-Rich Foods: Zinc is crucial for sperm production and motility. Include foods like pumpkin seeds, beans, nuts, and whole grains



3. Omega-3 Fatty Acids: These fats improve sperm count and quality. Sources include fatty fish, flaxseeds, and walnuts.



4. Vitamin-Rich Foods: Vitamins C, E, and D are essential for reproductive health. Include citrus fruits, nuts, seeds, and fortified dairy products.



5. Lycopene-Rich Foods: Lycopene is an antioxidant found in tomatoes, watermelon, and pink grapefruit. It has been shown to improve sperm motility and morphology.



6. Hydration: Adequate fluid intake is essential for overall health and sperm production.

7. Limit Processed Foods and Sugars: Reduce intake of refined carbohydrates, sugary foods, and trans-fats.



Menu Plan For Boosting Male Fertility

Breakfast:

Option 1

Sprouted moong dal salad with a boiled egg

Option 2

Whole grain toast with avocado and a bowl of mixed berries

Option 3

Tomato uttapam with sambar and coconut chutney

Mid-Morning Snack:

Option 1

A handful of mixed nuts (almonds, walnuts, and pumpkin seeds)

Option 2

Oats and apple smoothie with spinach and chia seeds

Option 3

Coconut water with chia seeds

Lunch

Option 1

Grilled chicken with quinoa salad and a cup of curd

Option 2

Brown rice with rajma curry and a vegetable salad

Option 3

Whole wheat roti with methi chicken and a bowl of dal

Afternoon Snack

Option 1

Roasted flaxseeds and a glass of buttermilk

Option 2

Carrot and cucumber sticks with hummus

Option 3

Cottage cheese (paneer) cubes with a sprinkle of black pepper

Dinner:

Option 1

Masoor dal and vegetable pulao with curd raita

Option 2

Mixed vegetable curry with bajra roti

Option 3

Moong dal khichdi with a side of roasted vegetables

Do's and Don'ts For Boosting Male Fertility

Foods to Include

Antioxidant-Rich Foods

Berries, citrus fruits, dark leafy greens.

Zinc-Rich Foods

Pumpkin seeds, beans, nuts, whole grains.

Omega-3 Fatty Acids

Fatty fish, flaxseeds, walnuts.

Vitamins

Citrus fruits, nuts, seeds,
fortified dairy products.

Lean Proteins

Chicken, fish, eggs, legumes.

Foods to Avoid

Refined Carbohydrates

White bread, pasta, pastries.

Sugary Foods

Sweets, sodas, sugary cereals.

Trans Fats

Fried foods, margarine, processed snacks.

Excessive Alcohol

Alcohol can negatively impact
sperm quality.

Processed Meats

Sausages, bacon, deli meats.

Do's

Maintain a balanced diet with
a variety of nutrients.

Exercise regularly to improve overall health
and sperm quality.

Stay hydrated by drinking
plenty of water.

Manage stress through
relaxation techniques
like meditation
and yoga.

Don'ts

Smoke or use recreational drugs as they
can affect sperm quality.

Consume excessive amounts of
caffeine or alcohol.

Skip meals as it can affect
overall health.

Rely on processed foods
and fast food.


References

1. Safarinejad, M. R. (2008). Effect of omega-3 polyunsaturated fatty acid supplementation on seminal oxidative stress and fertility in infertile men with idiopathic oligoasthenoteratospermia: a randomized, double-blind, placebo-controlled study. *Asian Journal of Andrology*, 11(4), 531-538.
2. Colagar, A. H., Marzony, E. T., & Chaichi, M. J. (2009). Zinc levels in seminal plasma are associated with sperm quality in fertile and infertile men. *Nutrition Research*, 29(2), 82-88.
3. Gaskins, A. J., & Chavarro, J. E. (2018). Diet and fertility: a review. *American Journal of Obstetrics and Gynecology*, 218(4), 379-389.
4. Aitken, R. J., & Roman, S. D. (2008). Antioxidant systems and oxidative stress in the testes. *Oxidative Medicine and Cellular Longevity*, 1(1), 15-24.

***Always consult your Doctor and Dietitian before you initiate any dietary changes.**

A 'Public Awareness Initiative' from
 **NOVELTY**
HealthShine Pvt. Ltd.

Makers of

Improve *Sperm Health* with *Ease*
 **Spermizz**™
Tablet
(Astaxanthin 10% (AstaReal) 20mg, Ubiquinol 50% 100mg, L-Carnitine 500mg, Lycopene 2.5mg, Zinc 5mg, Selenium 40mcg / Tablet)
Super Six Antioxidant Combination for Idiopathic Male Infertility

**For a personalized diet plan, give a missed call
on 91363 43333 Or scan code to fill the assessment**



Novelty HealthShine Pvt. Ltd.,
506, Mayuresh Square, Plot No. 17, Sector 15,
CBD Belapur, Navi Mumbai, Maharashtra - 400614.
Contact No. : 022-4972 7771
Email : info@noveltyhealthshine.com
Website : www.noveltyhealthshine.com