

Diet and Lifestyle Advice

What is diet and lifestyle advice for couples trying to conceive?

	<u>Men</u>	<u>Women</u>
Smoking	Reduces fertility	Reduces fertility
Alcohol	Up to 3 to 4 units per day unlikely to harm	1 or 2 units once or twice per week, avoid intoxication
Psychological Stress	Can damage fertility	Can damage fertility
Obesity	Reduces fertility	Reduces fertility
Caffeinated beverages- coffee, tea	No evidence	No evidence
Frequency of intercourse	Every 2- 3 days is optimum	Every 2- 3 days is optimum
Exercise	Moderate exercise improves the count. Do Not use muscle-building injections or certain protein supplements.	Gentle exercise helps to reduce stress and helps for fertility
complementary therapy	No proven effect	No proven effect
Prescription medications	Some of the medicines may damage fertility, discuss with the doctors	Some of the drugs may impair fertility, consult with the doctors
Vit D and calcium	helps to improve fertility	helps to improve fertility
Suggested food supplements that may help to boost fertility, (there is no robust research evidence to support)		

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<p>antioxidant-rich foods and micronutrients</p>	<ul style="list-style-type: none"> • selenium • vitamin C (ascorbic acid) • vitamin E • glutathione • coenzyme Q10 • l-carnitine • Zinc 	<p>Coenzyme Q10</p> <p>folic acid,</p> <p>vitamins A and E</p> <p>Vitamin-packed food such as dark leafy greens like kale and spinach, and antioxidant-filled fruit like blueberries</p>
<p>Soy proteins /food</p>	<p>Avoid as contain phytoestrogens (plant estrogen), compounds shown to reduce testosterone bonding and sperm production</p> <p>Many canned and plastic products are also high in synthetic forms of estrogen.</p>	<p>No effect on women</p>

What is a fertility diet? How strictly should we follow a fertility diet to improve our sperm and egg quality?

In our opinion, the common-sense approach is the best. There are some known food items such as trans fats, processed foods, canned food, are not suitable for general health and fertility. On the other hand, green leafy vegetables, fruits, berries and nuts contain high levels of antioxidants, vitamins and micronutrients. Antioxidants are the substances that cleanse our body from stress-related damaging chemicals. Vitamins, antioxidants and micronutrients such as selenium, zinc is suitable for cell functions. Similarly, they are good for sperms and eggs.

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You do not need to follow a strict fertility diet plan, which may be counterproductive by adding undue stress in your busy life!

Think of wide variations in dietary practices all over the world, but every country has a fertile population. The common-sense approach and gentle change in daily lifestyle help most of the couples. There is no need to follow a strict diet plan as long as your height to weight ratio (BMI) is in the normal range.

What should I eat to boost the sperm count? What are the best ways to increase sperm count?

Tomatoes are a rich source of lycopene. It improves sperm motility, structure, and activity. You can also add olive oil to cooked or processed tomatoes for enhancing the absorption of the antioxidant. Walnuts are rich in omega-three fatty acids. All kinds of berries, including blueberries, strawberries, cranberries, and blackberries, contain potent anti-inflammatory and antioxidants quercetin and resveratrol. Pomegranates may improve the testosterone levels and sperm quality and increase sex drive. Ginseng, Also known as *Ashwagandha*, it is an aphrodisiac root used in traditional medicinal practices. Other useful food items are, citrus fruits, whole wheat and grains, most fish, especially wild salmon, cod, and haddock, most shellfish, especially oysters, vitamin D, dark chocolate, garlic, bananas, broccoli, turmeric, asparagus, most leafy greens, especially spinach and kale, fermented nuts and seeds.

What food items are not suitable for sperm count?

1. Processed meats/ food, Trans fats, Soy products,
2. Pesticides and bisphenol which act as xenoestrogens—chemicals that mimic estrogen (pesticides could be present on fruits and vegetables, and BPA used in food packaging and cans),
3. High-fat dairy products may cause reduced motility and abnormal shape of sperms.

For further discussion or any other question, contact us or visit website: p4fertility.co.uk

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