

11 Best Food To Increase sperm count

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Submitted: September 19, 2024

Updated: September 19, 2024

In males, only a single sperm among millions will fertilize the female egg to get the offspring which means the healthiest and the best quality sperm defeats. The 11 best foods to increase sperm count. They are: Oysters, Nuts, Seeds, Garlic Asparagus, Pomegranate, Fatty fish, beef, Avocados, Dark chocolate and finally tomatoes. If taken all of these diligently, the sperm count will increase drastically in men, as they provide essential vitamins and minerals.

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In males, only a single sperm among millions will fertilize the female egg to get the offspring which means the healthiest and the best quality sperm defeats. Having a quality lifestyle for overall health is imperative for physical wellness, including sperm. In this context, the Fertility Cure's best team of physicians has recommended the 11 best foods to increase sperm count. They are:

1. Oysters: High zinc concentration is necessary for sperm production and motility. Oysters are recommended for their good zinc content, rich in Vitamin B12, selenium, and Vitamin D but they are expensive. Hence supplementation with Zinc tablets can suffice oyster costs.
2. Nuts: Nuts are rich in omega-3 fatty acids, B6, folate, antioxidants, and zinc that help enhance sperm count and motility. They include walnuts, pecans, almonds, hazelnuts, Brazil nuts, and peanuts. Walnut is highly recommended as it has essential antioxidants like vitamin E & polyphenols that protect sperm cells from damage caused by harmful substances in the body. Eating food like walnuts as part of a balanced diet can improve overall reproductive health.
3. Seeds: The most recommended seeds are pumpkin seeds, chia seeds, flaxseed, and sunflower seeds. They contain zinc, vitamin E, antioxidants, and omega-3 fatty acids which are essential for sperm count.
4. Garlic: Garlic is one of the richest sources of selenium & allicin. Selenium, an antioxidant boosts sperm motility, while allicin improves blood flow in reproductive organs and protects sperm from damage.
5. Pomegranate: Pomegranates are highly nutritious with a rich variety of antioxidants that promote health benefits. Drinking pomegranate juice reduces a harmful substance known as malondialdehyde in the blood. This substance negatively affects sperm cells.
6. Fatty fish: Fishes like salmon, herring, sardines, and anchovies are recommended for your diet because they are rich in omega-3 fatty acids, Vitamin B12, Arginine, and Aspartic acid that are important for the structure and formation of sperm cells. Omega-3 fatty acids also increase sperm count, motility, and morphology.
7. Beef: Beef is a rich source of Zinc, Vitamin B12, selenium, etc. These nutrients contribute to sperm count, motility, and morphology.
8. Asparagus: Asparagus is beneficial for men who are looking to increase their sperm count. It has rich levels of Vitamin C which helps to maintain the quality and quantity of sperm.
9. Avocados: This fruit is considered a powerhouse in enhancing sperm health. It comprises folate, vitamin E, and zinc, which are essential nutrients needed for optimal sperm count and motility. It has other various contributions to male reproductivity, improving its health and quality.
10. Dark chocolate: Dark chocolate content rich in antioxidants and contains L-arginine, a compound associated with improved sperm count and motility.
11. Tomatoes: Tomatoes contain lycopene and a powerful antioxidant. They are ingredients that increase sperm count for men. Ketchup and sauces are also an alternate food for tomatoes.