

**DON'T COOK YOUR BALLS**

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**GOOD EATS**

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**A MAN'S GUIDE TO OPTIMIZING  
NUTRITION FOR SPERM HEALTH**

**Trak**<sup>®</sup>  
male fertility testing system

# The Basics

- **Carbs:** Too much sugar can lead to hormonal imbalances by increasing activity of enzyme called aromatase that converts testosterone into estrogen. Try to eat carbs rich in fiber or that have lower glycemic index to slow the release of sugar into the body.
- **Fats:** Polyunsaturated fats, which include Omega-3s, are important for sperm production and testicular health. Adding fish oil to your diet can protect against heart disease and depression and help to boost fertility.
- **Proteins:** Lean meats provide key amino acids important for sperm like L-carnitine and L-arginine. Vegetarian? No problem. Most plant-based proteins also contain these key nutrients, but you should diversify protein sources (including avocados, nuts, grains and beans) and minimize soy as it is estrogenic.

Men with high saturated fat intake had  
**31% LOWER**  
sperm concentration.<sup>1</sup>

<sup>1</sup> Jensen et al, *Am J Clin Nutr.* 2013 Feb;97(2):411-8

## THE NOT-SO-GOOD STUFF

### FRIED FOOD.....

High in calories, fat, and cholesterol

### FAST FOOD.....

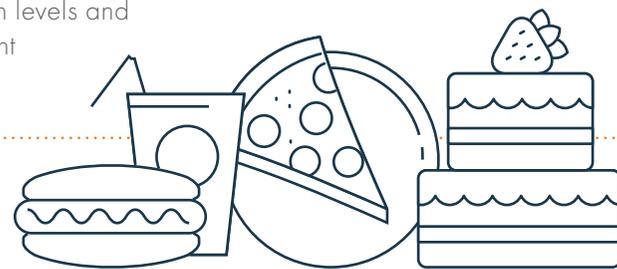
High in sodium and calories

### SOY.....

Can raise estrogen levels and reduce sperm count

### SWEETS, SODAS, & ENERGY DRINKS.....

Too much sugar can spike your insulin and increase levels of aromatase, an enzyme that converts testosterone to estrogen



# WHAT TO DRINK?

Good

Bad

limit to **less than 3** drinks per week

Caffeinated sodas  
tied to

**54%**

**DROP**  
in men's fertility.<sup>2</sup>



## WATER

**Aim for 124 ounces per day.**

Proper hydration is essential for good health and can increase semen volume and improve erectile function.



## TEA & COFFEE

**Don't overdo it.**

Contain antioxidants that are helpful for sperm production. 1-2 cups a day and limit the cream and sugar. Hibiscus tea can reduce blood sugar and lower blood pressure which may help strengthen erections.



## COCONUT WATER

**Occasional.**

It's not a miracle drink, but it does have some good nutrients and hydrating properties.



## ALCOHOL

An occasional single drink of wine or beer is ok, but too much can lower testosterone levels, cause ED, and reduce sperm count. The more you drink, the worse it is.



## ENERGY DRINKS

Coffee and tea are healthier options to get your caffeine on.



## SUGAR SODA

Linked to diabetes which can cause ED, ejaculatory dysfunction and impaired sperm production.

<sup>2</sup> Wesselink et al, *Reproductive Toxicology*, 2016 Jul;62: 39-45

# Key Nutrients for Men's Reproductive Health

## Co-enzyme Q10

100-200 mg daily

Helps sperm turn sugar into energy and protects them from reactive molecules.

## Folate / Folic Acid

400-600 mcg daily

Essential in DNA replication process. Folic acid deficiency can cause low sperm count or poor DNA quality in sperm.

## Selenium

55-100 mcg daily

Involved in thyroid processes that help regulate hormones and supports the structural integrity of the sperm by reinforcing the neck piece that connects the head and tail improving sperm motility.

## Vitamin E

15-20 mg daily

A fat-soluble antioxidant that helps protect sperm from damage from radicals and toxins.

## Vitamin C

100-150 mg daily

Used by liver to synthesize critical amino acids involved in sperm production and is a powerful antioxidant that protects sperm from damage caused by radicals.

## Zinc

10-20 mg daily

Helps with the synthesis of folate which is critical for DNA production and is a building block of testosterone, semen, the prostate and even sperm themselves.

Note: Don't over do it on supplements.

## The Good Stuff

SPERM-FRIENDLY SUPERFOODS



NUTRIENT	SUPERFOOD
Antioxidants	Dark chocolate
Co-enzyme Q-10	Avocado, Lean beef, Olive oil, Seafood
Folic Acid	Greens, Lentils
L-Carnitine	Avocado, Broccoli, Lean beef, Poultry
Lycopene	Tomatoes
Omega-3 Acids	Salmon
Selenium	Lean beef, Mushrooms, Poultry, Seafood
Vitamin A	Greens, Sweet potatoes
Vitamin B	Asparagus, Garlic
Vitamin C	Bell peppers, Berries, Citrus fruits
Vitamin E	Avocado, Greens, Nuts, Salmon, Seafood
Zinc	Beans, Lean beef, Oats, Poultry, Seafood



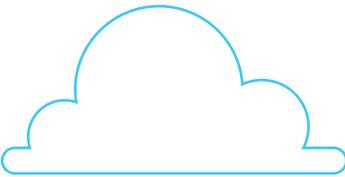


### LUNCH & DINNER

**Sandwiches:** Replace mayo with avocado, add some peppers and pat yourself on the back.

**Stir fry:** Perhaps the quickest way to fuel up with good balance of lean meats, veggies and brown rice. Add pineapple for a twist.

**Italian:** An easy way to add unlimited vegetables without tasting them is to throw them into something Italian - pizza, pasta. Just watch your carbs and take it easy on the cream and cheese.

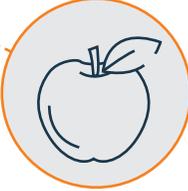


### EATING OUT

**Pass on fries.** Get extra protein or an extra side of fruit or veggies.

**Replace** the coke with iced tea or water

**Go grilled** over fried.



### SNACKS

**Food to munch on:** Freeze dried or fresh fruits, sliced carrots, peppers or celery sticks

**Mid-day energy boost:** hummus, dark chocolate, apples & nut butter

**On the go fuel:** protein or nut bars, trail mix



### BREAKFAST

**Oatmeal:** There are lots of overnight oat recipes that make for easy grab and go breakfast.

**Omelets:** Fill it up with veggies and add your favorite breakfast meat for flavor.

**Smoothies:** Power up with protein and fruit. Get bold and add some frozen spinach, **we dare you.**



# FOOD PREP TIPS



**Add extra veggies**  
Spinach, peppers, tomatoes, mushrooms and beans can easily add to many recipes.

**Limit saturated fats**  
Replace butter and lard with heart healthy alternatives such as Greek yogurt, olive oil and avocados

**Try non-cooked recipes**  
Sandwiches, salads, smoothies, trail mix and other raw recipes are super quick and avoiding heat can improve the nutritional value of the food.



**Don't fry your food**  
Frying or other high-temperature cooking can destroy fragile nutrients. Baking with a bit of olive oil can give often give a nice crispy texture while preserving nutrient integrity.

**Don't overdo it**  
Too much protein, crash diets, and cleanses can be hard on the body. When it comes to food, moderation is key.

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Use our free app to assess your health and lifestyle risks, track your sperm count or semen analysis results, and get personalized recommendations to improve sperm count and reproductive health.



Find recipes, articles and community to help you understand and improve your reproductive health at [dontcookyourballs.com](http://dontcookyourballs.com)



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