

DON'T COOK YOUR BALLS

GOOD EATS

A MAN'S GUIDE TO OPTIMIZING
NUTRITION FOR SPERM HEALTH

Trak[®]
male fertility testing system



The Basics

Carbs: Carbs can lead to weight gain which causes hormonal imbalances by increasing activity of an enzyme called aromatase that converts testosterone into estrogen. Try to eat carbs rich in fiber or that have a 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.¹

¹ 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

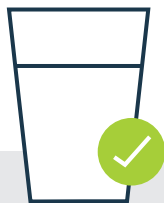
Bad

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

Caffeinated sodas
tied to

54%

DROP
in men's fertility.²



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.

² 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.

**Some studies have suggested these amounts. Ask your doctor for the best amounts to suit your personal needs.*

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

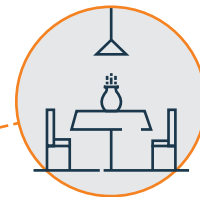
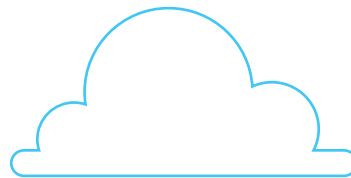


LUNCH & DINNER

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.

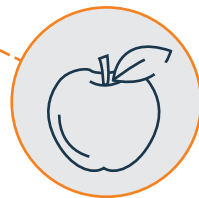


EATING OUT

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 whole milk with heart healthy alternatives such as Greek yogurt, skim or low-fat milk, 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.



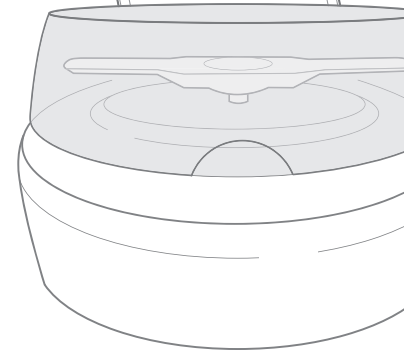
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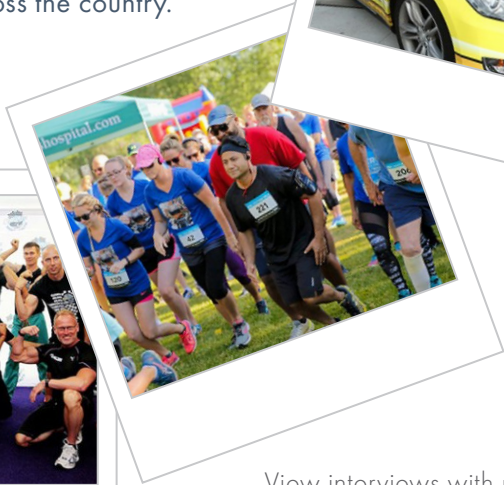


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