

MALE FERTILITY DIET

EAT:

- Fish (not fried)
- Nuts
- Seeds
- Vegetable oils
- Low fat milk and dairy products
- Beef, lamb, pork, hamburger (Grass fed if available)
- Onions
- Avacodos
- Beans

VITAMINS (ANTIOXIDANTS):

- Find vitamin with DHA and EPA
 - Folate
 - B12
 - Zinc
 - Vitamin C, E
- (Men's One a Day Complete + Krill Oil)

LIMIT:

- Soy Derived products (Soy beans, Soy sauce, Soy milk)
- Chinese food
- Whole Milk, Full fat Cheese, Yogurt
- Shellfish
- Strawberries
- Spinach
- Apples

AVOID:

- Commercially baked or fried products
- Processed Meat (Sausage, bacon, ham, hot dogs, jerkey, cured, smoked, salted or canned)

IDEAL DIET:

- Mediterranean Diet

DIETS to AVOID:

-Western diet, Chinese Diet