

FOODS THAT SUPPORT FERTILITY IN MEN AND WOMEN

Food	Nutrient Focus	Benefits	Gender Focus
Spinach	Folate, Iron	Supports ovulation, egg quality, and uterine lining	Female
Salmon	Omega-3s, Vitamin D	Improves sperm quality & motility; supports hormone production	Both
Pumpkin Seeds	Zinc, Magnesium	Boosts testosterone & sperm production	Male
Lentils	Folate, Iron, Protein	Supports ovulation & egg health; helps regulate cycles	Female
Brazil Nuts	Selenium	Antioxidant protection for sperm DNA	Male
Avocado	Vitamin E, Healthy Fats	Supports uterine lining & hormone balance	Female
Oysters	Zinc	Increases sperm count & quality	Male
Berries	Vitamin C, Antioxidants	Reduces oxidative stress on eggs and sperm	Both
Eggs	Choline, Vitamin B12	Supports embryo development and ovulation	Female
Walnuts	Omega-3s, Arginine	Improves sperm vitality and motility	Male
Whole Grains	B vitamins, Fiber	Regulates insulin and hormone levels	Female
Tomatoes	Lycopene	Enhances sperm morphology and motility	Male
Greek Yogurt	Calcium, Probiotics	Supports hormone production and gut health	Both
Bananas	Vitamin B6, Potassium	Hormone regulation, supports libido	Both