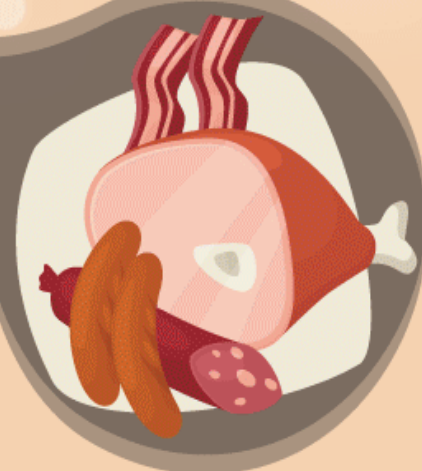


FOODS THAT MAY *negatively* AFFECT MALE FERTILITY



Processed meat

Processed red meat such as salami, beef jerky, or bacon may affect sperm health.



Trans fats

Increased intake of trans fats may decrease sperm count.

Soy products

Soy contains phytoestrogens that may harm sperm health.



High-fat dairy products

High-fat dairy products may decrease sperm motility. Steroids injected into cattle may be responsible.

Caffeine

High caffeine intake may impair male reproductive function.



References

1. Don't make the mistake of letting a diet kill sperm; UChicago Medicine
2. Diet and Nutritional Factors in Male (In)fertility—Underestimated Factors; National Institutes of Health