

supporting sperm quality checklist

Preconception health is more than female health! Male preconception health is just as important, especially when it comes to supporting healthy and strong sperm.

Here are some key diet and lifestyle strategies to implement:

☐ 6 serves of vegetables per day -
aim for 3+ different colours at each main meal

☐ 2 serves of fruit per day

☐ incorporate oily fish (salmon, trout, sardines,
anchovies) at least 2 times per week

☐ [try one vegetarian based meal each week](#)
(legumes, beans, tofu, tempeh as your protein)

☐ [add ¼ cup walnuts and 1 Brazil nut each day](#)
into your morning oats or as a snack

☐ drink water (at least 2 L) each day

☐ [limit alcohol](#)

☐ quit smoking

☐ use iodised salt for a source of iodine
for a healthy thyroid

☐ establish a regular exercise routine that works for you

☐ maintain a healthy body weight for you

☐ reduce sources of saturated fats such as high fat
cuts of meat, chicken skin, processed meats like ham,
salami, bacon and sausages and deep-fried foods

☐ use extra virgin olive oil to cook with

☐ [wear boxers instead of briefs](#)

☐ [avoid hot tubs, laptops on your lap, steam rooms
and saunas](#) to keep the testicles cool

☐ swap disposable and plastic water bottles and
containers (especially that you reheat your food
in) for glass or ceramic or stainless steel containers
instead.

This checklist is for informational purposes only and does not provide medical advice, diagnosis, or treatment. Any information published on this website or by this brand is not intended as a substitute for medical advice. If you have any concerns or questions about your health you should consult with a health professional.