

# Male Factor Fertility

## Diet and Testosterone

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The following is a collection of tips from doctors, scientists and fitness experts about a healthy diet for optimum testosterone production, including lots of foods and even fruits that increase testosterone production.

Testosterone is produced by the body and is not found in the food we eat; however, certain foods lead to testosterone production and better blood circulation, which carries the testosterone to the appropriate organ, while other foods should be avoided.

So foods that encourage testosterone production may be called – for lack of a better term – testosterone food sources.

### Testosterone Food Sources

#### **Include:**

**Zinc:** The best source of dietary zinc is meat. The best meat choice is the white meat of chicken. The best fish choice is salmon. For vegetarians, choose peanuts or beans. No fruits that increase testosterone in this category, because plant sources of zinc are harder for the body to use and are not good testosterone food sources.

**Vitamin A:** essential for the normal function of the reproductive organs. Lots of fruits that increase testosterone in this category: apples, blueberries, cantaloupe, pineapple and citrus fruits, just to name a few. Other food sources of Vitamin A include fish (salmon, again), leafy greens (spinach) and brightly colored vegetables like tomatoes, red peppers and yellow squash.

Hope you like salmon, because other than being an excellent source of Vitamin A and zinc, as well as protein, fish oil is said to keep SHBG (sex hormone binding globulin) levels lower. When testosterone runs into SHBG in the blood stream, it becomes attached to it, and then can't interact with any of the body's cells.

The net effect of testosterone that is attached to SHBG is the same as a lack of testosterone since it is prevented from having any impact on

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the body. Salmon might be your number one testosterone food source followed closely by oysters that are naturally rich in zinc.

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### Avoid:

The following foods are not testosterone friendly food and drink sources: fried foods, sugar and caffeine over stimulate the adrenals, which produce some testosterone. Over stimulating the adrenals leads to "adrenal exhaustion", means they are not going to produce testosterone or anything else.

So a breakfast of hash browns, toast with jelly and coffee with cream and sugar would have pretty much everything in it that you want to AVOID if you are looking for testosterone food sources.

In conclusion, a healthy diet and testosterone production go hand in hand.

It is not possible to include here all of the good testosterone food sources or even all of the fruits that increase testosterone.

In the meantime, for breakfast tomorrow have an egg omelet (egg yolk contains cholesterol which testosterone is made from) with tomatoes and red peppers (sources of Vitamin A) and orange juice to drink. Follow that up with some alfalfa-sprout toast (alfalfa is said to be a sexual stimulant) and some fresh apples, pineapples or other fruits that increase testosterone and you are sure to have a good start to your day.

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