



Foods for Optimal Fertility

Tips for Couples

For Women:

1. **Local Fruits and Vegetables:** Such as mangoes, bananas, oranges, papayas, tomatoes, leafy greens (like amaranth), and okra. They are rich in vitamins and antioxidants beneficial for reproductive health.
2. **Legumes:** Beans, chickpeas, and lentils are excellent sources of plant-based proteins and iron, essential for ovarian health.
3. **Cashew Nuts:** Commonly available in Cameroon and a good source of zinc, an important mineral for female fertility.
4. **Freshwater Fish:** Like tilapia, which is rich in protein and omega-3 fatty acids beneficial for ovarian health.
5. **Red Palm Oil:** Used in many Cameroonian culinary preparations, it is rich in vitamins A and E, which are important for reproductive health.

For Men:

1. **Local Fruits and Vegetables:** The same as those mentioned above, as they contain antioxidants beneficial for sperm quality.
2. **Pumpkin Seeds:** Readily available and an excellent source of zinc, essential for sperm production.
3. **Cameroon Nuts:** Also known as "Brazil nuts," they are rich in selenium, which can improve sperm motility.
4. **Local Eggs:** Eggs are a source of high-quality protein and choline, important for sperm health.
5. **Amaranth Leaves:** Rich in vitamin C, which can improve sperm morphology.
6. **Whole Grains:** Such as millet, corn, and brown rice, which are sources of low glycemic index carbohydrates.
7. **Spring Water:** Hydration is crucial for sperm production, so make sure to drink plenty of clean water.

These locally available foods in Yaoundé can be incorporated into a balanced diet to support fertility in both men and women. Remember that dietary diversity and a balanced diet are essential for optimal reproductive health.