

FOODS THAT SUPPORT SEXUAL HEALTH

Evidence-based foods that support circulation, hormone production, energy, and reproductive health.





Fatty Fish

Salmon, sardines, mackerel – omega-3 fats support cardiovascular health and blood flow.

Leafy Greens

Spinach, kale, arugula – dietary nitrates support nitric oxide production.

Berries

Blueberries, strawberries, raspberries – antioxidants protect blood vessels.

Nuts

Walnuts, pistachios, almonds – healthy fats, arginine, vitamin E.

Seeds

Pumpkin, flax, chia – zinc, omega-3s, magnesium.

Oysters & Shellfish

Rich in zinc for testosterone and sperm health.

Avocados

Healthy monounsaturated fats, potassium, folate, vitamin E.

Watermelon

Contains citrulline, a precursor to nitric oxide.

Beets

Natural nitrates that may improve circulation.

Pomegranate

Polyphenols may support vascular function.

Dark Chocolate

70%+ cocoa; flavonoids support endothelial health.



Tomatoes

Lycopene may benefit male reproductive health.

Garlic & Onions

Contain sulfur compounds that support circulation.

Extra-Virgin Olive Oil

Heart-healthy fat associated with better vascular health.

Legumes

Beans and lentils provide fiber, protein, and minerals.

Lifestyle Habits That Matter Most

Regular exercise, healthy body weight, quality sleep, stress management, avoiding smoking, and limiting alcohol often have a greater impact on sexual health than any single food.

Note:

Persistent erectile dysfunction, low libido, or other sexual concerns can be signs of cardiovascular disease, diabetes, medication effects, or hormonal imbalance and warrant medical evaluation.