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DIET AND LIFESTYLE AS FACTORS INFLUENCING FERTILITY

Summary

The fertility disorders are associated not only with the age (aging of the ovaries and testes and the deterioration of the quality of gametes), but also with the negative impact of environmental and occupational factors, as well as lifestyle. The elements of lifestyle include diet, physical activity, smoking and alcohol consumption. The paper discusses the role of individual nutrients such as proteins, carbohydrates, fats, vitamins and minerals in the context of reproductive processes. Improper diet, excess or shortage of body weight are the factors that significantly affect the fertility of both women and men.

Key words: diet, fertility, minerals, physical activity, vitamins