Wpływ czynników metabolicznych na dietę i płodność

Bibliografia

* 1. Vander Borght M., Wyns C. Fertility and Infertility: Definition and Epidemiology. Clin. Biochem. 2018;62:2–10. doi: 10.1016/j.clinbiochem.2018.03.012. - [DOI](https://doi.org/10.1016/j.clinbiochem.2018.03.012)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29555319/)
  2. Gaskins A.J., Chavarro J.E. Diet and Fertility: A Review. Am. J. Obstet. Gynecol. 2018;218:379–389. doi: 10.1016/j.ajog.2017.08.010. - [DOI](https://doi.org/10.1016/j.ajog.2017.08.010)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5826784/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28844822/)
  3. Crosignani P.G., Albertini D.F., Anderson R., Bhattacharya S., Evers J.L.H., McLernon D.J., Repping S., Somigliana E., Baird D.T., Diedrich K., et al. A Prognosis-Based Approach to Infertility: Understanding the Role of Time. Hum. Reprod. 2017;32:1556–1559. - [PubMed](https://pubmed.ncbi.nlm.nih.gov/28633327/)
  4. Krueger R.B., Reed G.M., First M.B., Marais A., Kismodi E., Briken P. Proposals for Paraphilic Disorders in the International Classification of Diseases and Related Health Problems, Eleventh Revision (ICD-11) Arch. Sex. Behav. 2017;46:1529–1545. doi: 10.1007/s10508-017-0944-2. - [DOI](https://doi.org/10.1007/s10508-017-0944-2)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5487931/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28210933/)
  5. Mascarenhas M.N., Flaxman S.R., Boerma T., Vanderpoel S., Stevens G.A. National, Regional, and Global Trends in Infertility Prevalence Since 1990: A Systematic Analysis of 277 Health Surveys. PLoS Med. 2012;9:e1001356. doi: 10.1371/journal.pmed.1001356. - [DOI](https://doi.org/10.1371/journal.pmed.1001356)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3525527/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/23271957/)
  6. Agarwal A., Mulgund A., Hamada A., Chyatte M.R. A Unique View on Male Infertility around the Globe. Reprod. Biol. Endocrinol. 2015;13:37. doi: 10.1186/s12958-015-0032-1. - [DOI](https://doi.org/10.1186/s12958-015-0032-1)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4424520/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/25928197/)
  7. Salas-Huetos A., Bulló M., Salas-Salvadó J. Dietary Patterns, Foods and Nutrients in Male Fertility Parameters and Fecundability: A Systematic Review of Observational Studies. Hum. Reprod. Update. 2017;23:371–389. doi: 10.1093/humupd/dmx006. - [DOI](https://doi.org/10.1093/humupd/dmx006)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28333357/)
  8. Vitagliano A., Petre G.C., Francini-Pesenti F., De Toni L., Di Nisio A., Grande G., Foresta C., Garolla A. Dietary Supplements for Female Infertility: A Critical Review of Their Composition. Nutrients. 2021;13:3552. doi: 10.3390/nu13103552. - [DOI](https://doi.org/10.3390/nu13103552)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8541636/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34684554/)
  9. Krausz C. Male Infertility: Pathogenesis and Clinical Diagnosis. Best Pract. Res. Clin. Endocrinol. Metab. 2011;25:271–285. doi: 10.1016/j.beem.2010.08.006. - [DOI](https://doi.org/10.1016/j.beem.2010.08.006)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/21397198/)
  10. Leaver R.B. Male Infertility: An Overview of Causes and Treatment Options. Br. J. Nurs. 2016;25:S35–S40. doi: 10.12968/bjon.2016.25.18.S35. - [DOI](https://doi.org/10.12968/bjon.2016.25.18.s35)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27734725/)
  11. Skoracka K., Eder P., Łykowska-Szuber L., Dobrowolska A., Krela-Kaźmierczak I. Diet and Nutritional Factors in Male (In)Fertility—Underestimated Factors. J. Clin. Med. 2020;9:1400. doi: 10.3390/jcm9051400. - [DOI](https://doi.org/10.3390/jcm9051400)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7291266/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32397485/)
  12. Carson S.A., Kallen A.N. Diagnosis and Management of Infertility: A Review. JAMA—J. Am. Med. Assoc. 2021;326:65–76. doi: 10.1001/jama.2021.4788. - [DOI](https://doi.org/10.1001/jama.2021.4788)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc9302705/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34228062/)
  13. Panth N., Gavarkovs A., Tamez M., Mattei J. The Influence of Diet on Fertility and the Implications for Public Health Nutrition in the United States. Front. Public Health. 2018;6:211. doi: 10.3389/fpubh.2018.00211. - [DOI](https://doi.org/10.3389/fpubh.2018.00211)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6079277/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30109221/)
  14. Simionescu G., Doroftei B., Maftei R., Obreja B.-E., Anton E., Grab D., Ilea C., Anton C. The Complex Relationship between Infertility and Psychological Distress (Review) Exp. Ther. Med. 2021;21:306. doi: 10.3892/etm.2021.9737. - [DOI](https://doi.org/10.3892/etm.2021.9737)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7885086/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33717249/)
  15. Ferramosca A., Zara V. Diet and Male Fertility: The Impact of Nutrients and Antioxidants on Sperm Energetic Metabolism. Int. J. Mol. Sci. 2022;23:2542. doi: 10.3390/ijms23052542. - [DOI](https://doi.org/10.3390/ijms23052542)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8910394/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35269682/)
  16. Skoracka K., Ratajczak A.E., Rychter A.M., Dobrowolska A., Krela-Kaźmierczak I. Female Fertility and the Nutritional Approach: The Most Essential Aspects. Adv. Nutr. 2021;12:2372–2386. doi: 10.1093/advances/nmab068. - [DOI](https://doi.org/10.1093/advances/nmab068)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8634384/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34139003/)
  17. Arab A., Rafie N., Mansourian M., Miraghajani M., Hajianfar H. Dietary Patterns and Semen Quality: A Systematic Review and Meta-Analysis of Observational Studies. Andrology. 2018;6:20–28. doi: 10.1111/andr.12430. - [DOI](https://doi.org/10.1111/andr.12430)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29024507/)
  18. McGrice M., Porter J. The Effect of Low Carbohydrate Diets on Fertility Hormones and Outcomes in Overweight and Obese Women: A Systematic Review. Nutrients. 2017;9:204. doi: 10.3390/nu9030204. - [DOI](https://doi.org/10.3390/nu9030204)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5372867/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28264433/)
  19. Chavarro J.E., Rich-Edwards J.W., Rosner B.A., Willett W.C. A Prospective Study of Dietary Carbohydrate Quantity and Quality in Relation to Risk of Ovulatory Infertility. Eur. J. Clin. Nutr. 2009;63:78–86. doi: 10.1038/sj.ejcn.1602904. - [DOI](https://doi.org/10.1038/sj.ejcn.1602904)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3066074/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/17882137/)
  20. Chavarro J.E., Rich-Edwards J.W., Rosner B.A., Willett W.C. Protein Intake and Ovulatory Infertility. Am. J. Obstet. Gynecol. 2008;198:210.e1–210.e7. doi: 10.1016/j.ajog.2007.06.057. - [DOI](https://doi.org/10.1016/j.ajog.2007.06.057)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3066040/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/18226626/)
  21. Marrone G., Guerriero C., Palazzetti D., Lido P., Marolla A., Di Daniele F., Noce A. Vegan Diet Health Benefits in Metabolic Syndrome. Nutrients. 2021;13:817. doi: 10.3390/nu13030817. - [DOI](https://doi.org/10.3390/nu13030817)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7999488/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33801269/)
  22. Aschemann-Witzel J., Gantriis R.F., Fraga P., Perez-Cueto F.J.A. Plant-Based Food and Protein Trend from a Business Perspective: Markets, Consumers, and the Challenges and Opportunities in the Future. Crit. Rev. Food Sci. Nutr. 2021;61:3119–3128. doi: 10.1080/10408398.2020.1793730. - [DOI](https://doi.org/10.1080/10408398.2020.1793730)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32654499/)
  23. Tran E., Dale H.F., Jensen C., Lied G.A. Effects of Plant-Based Diets on Weight Status: A Systematic Review. Diabetes, Metab. Syndr. Obes. Targets Ther. 2020;13:3433–3448. doi: 10.2147/DMSO.S272802. - [DOI](https://doi.org/10.2147/dmso.s272802)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7533223/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33061504/)
  24. Chen Z., Drouin-Chartier J.P., Li Y., Baden M.Y., Manson J.A.E., Willett W.C., Voortman T., Hu F.B., Bhupathiraju S.N. Changes in Plant-Based Diet Indices and Subsequent Risk of Type 2 Diabetes in Women and Men: Three U.S. Prospective Cohorts. Diabetes Care. 2021;44:663–671. doi: 10.2337/dc20-1636. - [DOI](https://doi.org/10.2337/dc20-1636)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7896264/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33441419/)
  25. Lee M.F., Eather R., Best T. Plant-Based Dietary Quality and Depressive Symptoms in Australian Vegans and Vegetarians: A Cross-Sectional Study. BMJ Nutr. Prev. Health. 2021;4:e000332. doi: 10.1136/bmjnph-2021-000332. - [DOI](https://doi.org/10.1136/bmjnph-2021-000332)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8718860/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35028517/)
  26. Millen B.E., Abrams S., Adams-Campbell L., Anderson C.A.M., Brenna J.T., Campbell W.W., Clinton S., Hu F., Nelson M., Neuhouser M.L., et al. The 2015 Dietary Guidelines Advisory Committee Scientific Report: Development and Major Conclusions. Adv. Nutr. 2016;7:438–444. doi: 10.3945/an.116.012120. - [DOI](https://doi.org/10.3945/an.116.012120)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4863277/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27184271/)
  27. Silvestris E., de Pergola G., Rosania R., Loverro G. Obesity as Disruptor of the Female Fertility. Reprod. Biol. Endocrinol. 2018;16:22. doi: 10.1186/s12958-018-0336-z. - [DOI](https://doi.org/10.1186/s12958-018-0336-z)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5845358/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29523133/)
  28. O’Flynn N. NICE Fertility: Assessment and Treatment for People with Fertility Problems: NICE guideline. Br. J. Gen. Pract. 2014;64:50–51. doi: 10.3399/bjgp14X676609. - [DOI](https://doi.org/10.3399/bjgp14x676609)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3876144/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24567574/)
  29. WHO Consultation on Obesity . Obesity: Preventing and Managing the Global Epidemic: Report of a WHO Consultation. World Health Organization; Geneva, Switzerland: 2000. pp. 1–253. - [PubMed](https://pubmed.ncbi.nlm.nih.gov/11234459/)
  30. Guo D., Xu M., Zhou Q., Wu C., Ju R., Dai J., Arora G. Is Low Body Mass Index a Risk Factor for Semen Quality? A PRISMA-Compliant Meta-Analysis. Medicine. 2019;98:e16677. doi: 10.1097/MD.0000000000016677. - [DOI](https://doi.org/10.1097/md.0000000000016677)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6709190/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31393367/)
  31. Boutari C., Pappas P.D., Mintziori G., Nigdelis M.P., Athanasiadis L., Goulis D.G., Mantzoros C.S. The Effect of Underweight on Female and Male Reproduction. Metabolism. 2020;107:154229. doi: 10.1016/j.metabol.2020.154229. - [DOI](https://doi.org/10.1016/j.metabol.2020.154229)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32289345/)
  32. Fontana R., Della Torre S. The Deep Correlation between Energy Metabolism and Reproduction: A View on the Effects of Nutrition for Women Fertility. Nutrients. 2016;8:87. doi: 10.3390/nu8020087. - [DOI](https://doi.org/10.3390/nu8020087)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4772050/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26875986/)
  33. Chen W., Pang Y. Metabolic Syndrome and PCOS: Pathogenesis and the Role of Metabolites. Metabolites. 2021;11:869. doi: 10.3390/metabo11120869. - [DOI](https://doi.org/10.3390/metabo11120869)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8709086/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34940628/)
  34. Nikokavoura E.A., Johnston K.L., Broom J., Wrieden W.L., Rolland C. Weight Loss for Women with and without Polycystic Ovary Syndrome Following a Very Low-Calorie Diet in a Community-Based Setting with Trained Facilitators for 12 Weeks. Diabetes, Metab. Syndr. Obes. Targets Ther. 2015;8:495–503. doi: 10.2147/DMSO.S85134. - [DOI](https://doi.org/10.2147/dmso.s85134)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4610794/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26508882/)
  35. Shang Y., Zhou H., He R., Lu W. Dietary Modification for Reproductive Health in Women With Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis. Front. Endocrinol. 2021;12:735954. doi: 10.3389/fendo.2021.735954. - [DOI](https://doi.org/10.3389/fendo.2021.735954)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8591222/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34790167/)
  36. Kakoly N.S., Earnest A., Teede H.J., Moran L.J., Joham A.E. The Impact of Obesity on the Incidence of Type 2 Diabetes among Women with Polycystic Ovary Syndrome. Diabetes Care. 2019;42:560–567. doi: 10.2337/dc18-1738. - [DOI](https://doi.org/10.2337/dc18-1738)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30705063/)
  37. Chavarro J.E., Rich-Edwards J.W., Rosner B.A., Willett W.C. Diet and Lifestyle in the Prevention of Ovulatory Disorder Infertility. Obstet. Gynecol. 2007;110:1050–1058. doi: 10.1097/01.AOG.0000287293.25465.e1. - [DOI](https://doi.org/10.1097/01.aog.0000287293.25465.e1)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/17978119/)
  38. Leisegang K., Sengupta P., Agarwal A., Henkel R. Obesity and Male Infertility: Mechanisms and Management. Andrologia. 2021;53:e13617. doi: 10.1111/and.13617. - [DOI](https://doi.org/10.1111/and.13617)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32399992/)
  39. Ricci E., Al-Beitawi S., Cipriani S., Alteri A., Chiaffarino F., Candiani M., Gerli S., Viganó P., Parazzini F. Dietary Habits and Semen Parameters: A Systematic Narrative Review. Andrology. 2018;6:104–116. doi: 10.1111/andr.12452. - [DOI](https://doi.org/10.1111/andr.12452)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29266782/)
  40. Chambers T.J., Anderson R.A. The Impact of Obesity on Male Fertility. Hormones. 2015;14:563–568. doi: 10.14310/horm.2002.1621. - [DOI](https://doi.org/10.14310/horm.2002.1621)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26732149/)
  41. El Salam M.A.A. Obesity, an Enemy of Male Fertility: A Mini Review. Oman Med. J. 2018;33:3–6. doi: 10.5001/omj.2018.02. - [DOI](https://doi.org/10.5001/omj.2018.02)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5798797/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29467992/)
  42. Sengupta P., Dutta S., Krajewska-Kulak E. The Disappearing Sperms: Analysis of Reports Published Between 1980 and 2015. Am. J. Men’s Health. 2017;11:1279–1304. doi: 10.1177/1557988316643383. - [DOI](https://doi.org/10.1177/1557988316643383)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5675356/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27099345/)
  43. Salas-Huetos A., James E.R., Aston K.I., Jenkins T.G., Carrell D.T. Diet and Sperm Quality: Nutrients, Foods and Dietary Patterns. Reprod. Biol. 2019;19:219–224. doi: 10.1016/j.repbio.2019.07.005. - [DOI](https://doi.org/10.1016/j.repbio.2019.07.005)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31375368/)
  44. Giahi L., Mohammadmoradi S., Javidan A., Sadeghi M.R. Nutritional Modifications in Male Infertility: A Systematic Review Covering 2 Decades. Nutr. Rev. 2016;74:118–130. doi: 10.1093/nutrit/nuv059. - [DOI](https://doi.org/10.1093/nutrit/nuv059)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4892303/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26705308/)
  45. Schulze M.B., Martínez-González M.A., Fung T.T., Lichtenstein A.H., Forouhi N.G. Food Based Dietary Patterns and Chronic Disease Prevention. BMJ. 2018;361:k2396. doi: 10.1136/bmj.k2396. - [DOI](https://doi.org/10.1136/bmj.k2396)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5996879/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29898951/)
  46. Carlos S., De La Fuente-Arrillaga C., Bes-Rastrollo M., Razquin C., Rico-Campà A., Martínez-González M.A., Ruiz-Canela M. Mediterranean Diet and Health Outcomes in the SUN Cohort. Nutrients. 2018;10:439. doi: 10.3390/nu10040439. - [DOI](https://doi.org/10.3390/nu10040439)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5946224/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29614726/)
  47. Wu S., Zhang X., Zhao X., Hao X., Zhang S., Li P., Tan J. Preconception Dietary Patterns and Associations With IVF Outcomes: An Ongoing Prospective Cohort Study. Front. Nutr. 2022;9:808355. doi: 10.3389/fnut.2022.808355. - [DOI](https://doi.org/10.3389/fnut.2022.808355)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8888455/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35252297/)
  48. Figueroa C., Echeverría G., Villarreal G., Martínez X., Ferreccio C., Rigotti A. Introducing Plant-Based Mediterranean Diet as a Lifestyle Medicine Approach in Latin America: Opportunities Within the Chilean Context. Front. Nutr. 2021;8:680452. doi: 10.3389/fnut.2021.680452. - [DOI](https://doi.org/10.3389/fnut.2021.680452)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8266999/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34249989/)
  49. Hu F.B. Dietary Pattern Analysis: A New Direction in Nutritional Epidemiology. Curr. Opin. Lipidol. 2002;13:3–9. doi: 10.1097/00041433-200202000-00002. - [DOI](https://doi.org/10.1097/00041433-200202000-00002)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/11790957/)
  50. Khosrorad T., Dolatian M., Riazi H., Mahmoodi Z., Alavimajd H., Shahsavari S., Bakhtiari M. Comparison of Lifestyle in Fertile and Infertile Couples in Kermanshah during 2013. Iran. J. Reprod. Med. 2015;13:549–556. - [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4637122/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26568759/)
  51. Gaskins A.J., Nassan F.L., Chiu Y.H., Arvizu M., Williams P.L., Keller M.G., Souter I., Hauser R., Chavarro J.E. Dietary Patterns and Outcomes of Assisted Reproduction. Am. J. Obstet. Gynecol. 2019;220:567.e1–567.e18. doi: 10.1016/j.ajog.2019.02.004. - [DOI](https://doi.org/10.1016/j.ajog.2019.02.004)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6545142/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30742825/)
  52. Salas-Huetos A., Babio N., Carrell D.T., Bulló M., Salas-Salvadó J. Adherence to the Mediterranean Diet Is Positively Associated with Sperm Motility: A Cross-Sectional Analysis. Sci. Rep. 2019;9:3389. doi: 10.1038/s41598-019-39826-7. - [DOI](https://doi.org/10.1038/s41598-019-39826-7)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6399329/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30833599/)
  53. Barrea L., Arnone A., Annunziata G., Muscogiuri G., Laudisio D., Salzano C., Pugliese G., Colao A., Savastano S. Adherence to the Mediterranean Diet, Dietary Patterns and Body Composition in Women with Polycystic Ovary Syndrome (PCOS) Nutrients. 2019;11:2278. doi: 10.3390/nu11102278. - [DOI](https://doi.org/10.3390/nu11102278)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6836220/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31547562/)
  54. Griswold M.G., Fullman N., Hawley C., Arian N., Zimsen S.R.M., Tymeson H.D., Venkateswaran V., Tapp A.D., Forouzanfar M.H., Salama J.S., et al. Alcohol Use and Burden for 195 Countries and Territories, 1990-2016: A Systematic Analysis for the Global Burden of Disease Study 2016. Lancet. 2018;392:1015–1035. doi: 10.1016/S0140-6736(18)31310-2. - [DOI](https://doi.org/10.1016/s0140-6736(18)31310-2)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6148333/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30146330/)
  55. Silvestris E., Lovero D., Palmirotta R. Nutrition and Female Fertility: An Interdependent Correlation. Front. Endocrinol. 2019;10:346. doi: 10.3389/fendo.2019.00346. - [DOI](https://doi.org/10.3389/fendo.2019.00346)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6568019/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31231310/)
  56. Noli S.A., Ricci E., Cipriani S., Ferrari S., Castiglioni M., La Vecchia I., Somigliana E., Parazzini F. Dietary Carbohydrate Intake, Dietary Glycemic Load and Outcomes of in Vitro Fertilization: Findings from an Observational Italian Cohort Study. Nutrients. 2020;12:1568. doi: 10.3390/nu12061568. - [DOI](https://doi.org/10.3390/nu12061568)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7352402/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32481483/)
  57. Koloverou E., Esposito K., Giugliano D., Panagiotakos D. The Effect of Mediterranean Diet on the Development of Type 2 Diabetes Mellitus: A Meta-Analysis of 10 Prospective Studies and 136,846 Participants. Metabolism. 2014;63:903–911. doi: 10.1016/j.metabol.2014.04.010. - [DOI](https://doi.org/10.1016/j.metabol.2014.04.010)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24931280/)
  58. Abiemo E.E., Alonso A., Nettleton J.A., Steffen L.M., Bertoni A.G., Jain A., Lutsey P.L. Relationships of the Mediterranean Dietary Pattern with Insulin Resistance and Diabetes Incidence in the Multi-Ethnic Study of Atherosclerosis (MESA) Br. J. Nutr. 2013;109:1490–1497. doi: 10.1017/S0007114512003339. - [DOI](https://doi.org/10.1017/s0007114512003339)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4002212/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22932232/)
  59. Huo R., Du T., Xu Y., Xu W., Chen X., Sun K., Yu X. Effects of Mediterranean-Style Diet on Glycemic Control, Weight Loss and Cardiovascular Risk Factors among Type 2 Diabetes Individuals: A Meta-Analysis. Eur. J. Clin. Nutr. 2015;69:1200–1208. doi: 10.1038/ejcn.2014.243. - [DOI](https://doi.org/10.1038/ejcn.2014.243)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/25369829/)
  60. Sleiman D., Al-Badri M.R., Azar S.T. Effect of Mediterranean Diet in Diabetes Control and Cardiovascular Risk Modification: A Systematic Review. Front. Public Health. 2015;3:69. doi: 10.3389/fpubh.2015.00069. - [DOI](https://doi.org/10.3389/fpubh.2015.00069)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4411995/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/25973415/)
  61. Torres-Arce E., Vizmanos B., Babio N., Márquez-Sandoval F., Salas-Huetos A. Dietary Antioxidants in the Treatment of Male Infertility: Counteracting Oxidative Stress. Biology. 2021;10:241. doi: 10.3390/biology10030241. - [DOI](https://doi.org/10.3390/biology10030241)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8003818/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33804600/)
  62. Karayiannis D., Kontogianni M.D., Mendorou C., Douka L., Mastrominas M., Yiannakouris N. Association between Adherence to the Mediterranean Diet and Semen Quality Parameters in Male Partners of Couples Attempting Fertility. Hum. Reprod. 2017;32:215–222. doi: 10.1093/humrep/dew288. - [DOI](https://doi.org/10.1093/humrep/dew288)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27994040/)
  63. Vujkovic M., De Vries J.H., Lindemans J., MacKlon N.S., Van Der Spek P.J., Steegers E.A.P., Steegers-Theunissen R.P.M. The Preconception Mediterranean Dietary Pattern in Couples Undergoing in Vitro Fertilization/Intracytoplasmic Sperm Injection Treatment Increases the Chance of Pregnancy. Fertil. Steril. 2010;94:2096–2101. doi: 10.1016/j.fertnstert.2009.12.079. - [DOI](https://doi.org/10.1016/j.fertnstert.2009.12.079)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/20189169/)
  64. Smits R.M., Mackenzie-Proctor R., Yazdani A., Stankiewicz M.T., Jordan V., Showell M.G. Antioxidants for Male Subfertility. Cochrane Database Syst. Rev. 2019;3:Cd007411. doi: 10.1002/14651858.CD007411.pub4. - [DOI](https://doi.org/10.1002/14651858.cd007411.pub4)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6416049/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30866036/)
  65. Christ A., Lauterbach M., Latz E. Western Diet and the Immune System: An Inflammatory Connection. Immunity. 2019;51:794–811. doi: 10.1016/j.immuni.2019.09.020. - [DOI](https://doi.org/10.1016/j.immuni.2019.09.020)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31747581/)
  66. Yu E., Malik V.S., Hu F.B. Cardiovascular Disease Prevention by Diet Modification: JACC Health Promotion Series. J. Am. Coll. Cardiol. 2018;72:914–926. doi: 10.1016/j.jacc.2018.02.085. - [DOI](https://doi.org/10.1016/j.jacc.2018.02.085)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6100800/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30115231/)
  67. Dinu M., Abbate R., Gensini G.F., Casini A., Sofi F. Vegetarian, Vegan Diets and Multiple Health Outcomes: A Systematic Review with Meta-Analysis of Observational Studies. Crit. Rev. Food Sci. Nutr. 2017;57:3640–3649. doi: 10.1080/10408398.2016.1138447. - [DOI](https://doi.org/10.1080/10408398.2016.1138447)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26853923/)
  68. Satija A., Bhupathiraju S.N., Spiegelman D., Chiuve S.E., Manson J.A.E., Willett W., Rexrode K.M., Rimm E.B., Hu F.B. Healthful and Unhealthful Plant-Based Diets and the Risk of Coronary Heart Disease in U.S. Adults. J. Am. Coll. Cardiol. 2017;70:411–422. doi: 10.1016/j.jacc.2017.05.047. - [DOI](https://doi.org/10.1016/j.jacc.2017.05.047)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5555375/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28728684/)
  69. McMacken M., Shah S. A Plant-Based Diet for the Prevention and Treatment of Type 2 Diabetes. J. Geriatr. Cardiol. 2017;14:342. - [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5466941/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28630614/)
  70. Qian F., Liu G., Hu F.B., Bhupathiraju S.N., Sun Q. Association between Plant-Based Dietary Patterns and Risk of Type 2 Diabetes: A Systematic Review and Meta-Analysis. JAMA Intern. Med. 2019;179:1335–1344. doi: 10.1001/jamainternmed.2019.2195. - [DOI](https://doi.org/10.1001/jamainternmed.2019.2195)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6646993/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31329220/)
  71. Austin G., Ferguson J.J.A., Garg M.L. Effects of Plant-Based Diets on Weight Status in Type 2 Diabetes: A Systematic Review and Meta-Analysis of Randomised Controlled Trials. Nutrients. 2021;13:4099. doi: 10.3390/nu13114099. - [DOI](https://doi.org/10.3390/nu13114099)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8625212/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34836356/)
  72. Shah B., Newman J.D., Woolf K., Ganguzza L., Guo Y., Allen N., Zhong J., Fisher E.A., Slater J. Anti-Inflammatory Effects of a Vegan Diet versus the American Heart Association–Recommended Diet in Coronary Artery Disease Trial. J. Am. Heart Assoc. 2018;7:e011367. doi: 10.1161/JAHA.118.011367. - [DOI](https://doi.org/10.1161/jaha.118.011367)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6405545/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30571591/)
  73. Menzel J., Biemann R., Longree A., Isermann B., Mai K., Schulze M.B., Abraham K., Weikert C. Associations of a Vegan Diet with Inflammatory Biomarkers. Sci. Rep. 2020;10:1933. doi: 10.1038/s41598-020-58875-x. - [DOI](https://doi.org/10.1038/s41598-020-58875-x)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7005174/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32029816/)
  74. Medawar E., Huhn S., Villringer A., Veronica Witte A. The Effects of Plant-Based Diets on the Body and the Brain: A Systematic Review. Transl. Psychiatry. 2019;9:226. doi: 10.1038/s41398-019-0552-0. - [DOI](https://doi.org/10.1038/s41398-019-0552-0)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6742661/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31515473/)
  75. Kljajic M., Hammadeh M., Wagenpfeil G., Baus S., Sklavounos P., Solomayer E.F., Kasoha M. Impact of the Vegan Diet on Sperm Quality and Sperm Oxidative Stress Values: A Preliminary Study. J. Hum. Reprod. Sci. 2021;14:365–371. doi: 10.4103/jhrs.jhrs\_90\_21. - [DOI](https://doi.org/10.4103/jhrs.jhrs_90_21)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8812397/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35197681/)
  76. Hall K.D., Guo J., Courville A.B., Boring J., Brychta R., Chen K.Y., Darcey V., Forde C.G., Gharib A.M., Gallagher I., et al. Effect of a Plant-Based, Low-Fat Diet versus an Animal-Based, Ketogenic Diet on Ad Libitum Energy Intake. Nat. Med. 2021;27:344–353. doi: 10.1038/s41591-020-01209-1. - [DOI](https://doi.org/10.1038/s41591-020-01209-1)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33479499/)
  77. Pawlak R., Berger J., Hines I. Iron Status of Vegetarian Adults: A Review of Literature. Am. J. Lifestyle Med. 2018;12:486–498. doi: 10.1177/1559827616682933. - [DOI](https://doi.org/10.1177/1559827616682933)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6367879/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30783404/)
  78. Adewoyin M., Ibrahim M., Roszaman R., Isa M., Alewi N., Rafa A., Anuar M. Male Infertility: The Effect of Natural Antioxidants and Phytocompounds on Seminal Oxidative Stress. Diseases. 2017;5:9. doi: 10.3390/diseases5010009. - [DOI](https://doi.org/10.3390/diseases5010009)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5456340/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28933362/)
  79. Özer A., Bakacak M., Kiran H., Ercan Ö., Köstü B., Kanat-Pektaş M., Kilinç M., Aslan F. Increased Oxidative Stress Is Associated with Insulin Resistance and Infertility in Polycystic Ovary Syndrome. Ginekol. Pol. 2016;87:733–738. doi: 10.5603/GP.2016.0079. - [DOI](https://doi.org/10.5603/gp.2016.0079)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27958630/)
  80. Murri M., Luque-ramírez M., Insenser M., Ojeda-ojeda M., Escobar-morreale H.F. Circulating Markers of Oxidative Stress and Polycystic Ovary Syndrome (Pcos): A Systematic Review and Meta-Analysis. Hum. Reprod. Update. 2013;19:268–288. doi: 10.1093/humupd/dms059. - [DOI](https://doi.org/10.1093/humupd/dms059)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/23303572/)
  81. Agarwal A., Aponte-Mellado A., Premkumar B.J., Shaman A., Gupta S. The Effects of Oxidative Stress on Female Reproduction: A Review. Reprod. Biol. Endocrinol. 2012;10:49. doi: 10.1186/1477-7827-10-49. - [DOI](https://doi.org/10.1186/1477-7827-10-49)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3527168/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22748101/)
  82. Tremellen K. Oxidative Stress and Male Infertility—A Clinical Perspective. Hum. Reprod. Update. 2008;14:243–258. doi: 10.1093/humupd/dmn004. - [DOI](https://doi.org/10.1093/humupd/dmn004)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/18281241/)
  83. Alahmar A. Role of Oxidative Stress in Male Infertility: An Updated Review. J. Hum. Reprod. Sci. 2019;12:4–18. doi: 10.4103/jhrs.JHRS\_150\_18. - [DOI](https://doi.org/10.4103/jhrs.jhrs_150_18)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6472207/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31007461/)
  84. Wojsiat J., Korczyński J., Borowiecka M., Żbikowska H.M. The Role of Oxidative Stress in Female Infertility and in Vitro Fertilization. Postepy Hig. Med. Dosw. 2017;71:359–366. doi: 10.5604/01.3001.0010.3820. - [DOI](https://doi.org/10.5604/01.3001.0010.3820)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28513460/)
  85. Lu J., Wang Z., Cao J., Chen Y., Dong Y. A Novel and Compact Review on the Role of Oxidative Stress in Female Reproduction. Reprod. Biol. Endocrinol. 2018;16:80–90. doi: 10.1186/s12958-018-0391-5. - [DOI](https://doi.org/10.1186/s12958-018-0391-5)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6102891/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30126412/)
  86. Sheweita S., Tilmisany A., Al-Sawaf H. Mechanisms of Male Infertility: Role of Antioxidants. Curr. Drug Metab. 2005;6:495–501. doi: 10.2174/138920005774330594. - [DOI](https://doi.org/10.2174/138920005774330594)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/16248841/)
  87. Sharifi-Rad M., Anil Kumar N.V., Zucca P., Varoni E.M., Dini L., Panzarini E., Rajkovic J., Tsouh Fokou P.V., Azzini E., Peluso I., et al. Lifestyle, Oxidative Stress, and Antioxidants: Back and Forth in the Pathophysiology of Chronic Diseases. Front. Physiol. 2020;11:694. doi: 10.3389/fphys.2020.00694. - [DOI](https://doi.org/10.3389/fphys.2020.00694)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7347016/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32714204/)
  88. Varani J. Healthful Eating, the Western Style Diet and Chronic Disease. Approaches Poult. Dairy Vet. Sci. 2017;1:3. doi: 10.31031/APDV.2017.01.000511. - [DOI](https://doi.org/10.31031/apdv.2017.01.000511)
  89. Chen X.F., Wang L., Wu Y.Z., Song S.Y., Min H.Y., Yang Y., He X., Liang Q., Yi L., Wang Y., et al. Effect of Puerarin in Promoting Fatty Acid Oxidation by Increasing Mitochondrial Oxidative Capacity and Biogenesis in Skeletal Muscle in Diabetic Rats. Nutr. Diabetes. 2018;8:1. doi: 10.1038/s41387-017-0009-6. - [DOI](https://doi.org/10.1038/s41387-017-0009-6)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5851431/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29330446/)
  90. Trapp D., Knez W., Sinclair W. Could a Vegetarian Diet Reduce Exercise-Induced Oxidative Stress? A Review of the Literature. J. Sport. Sci. 2010;28:1261–1268. doi: 10.1080/02640414.2010.507676. - [DOI](https://doi.org/10.1080/02640414.2010.507676)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/20845212/)
  91. Jideani A.I.O., Silungwe H., Takalani T., Omolola A.O., Udeh H.O., Anyasi T.A. Antioxidant-Rich Natural Fruit and Vegetable Products and Human Health. Int. J. Food Prop. 2021;24:41–67. doi: 10.1080/10942912.2020.1866597. - [DOI](https://doi.org/10.1080/10942912.2020.1866597)
  92. Carlsen M.H., Halvorsen B.L., Holte K., Bøhn S.K., Dragland S., Sampson L., Willey C., Senoo H., Umezono Y., Sanada C., et al. The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide. Nutr. J. 2010;9:3. doi: 10.1186/1475-2891-9-3. - [DOI](https://doi.org/10.1186/1475-2891-9-3)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc2841576/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/20096093/)
  93. Salleh N. Diverse Roles of Prostaglandins in Blastocyst Implantation. Sci. World J. 2014;2014:968141. doi: 10.1155/2014/968141. - [DOI](https://doi.org/10.1155/2014/968141)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3925584/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24616654/)
  94. Joshipura K.J., Ascherio A., Manson J.A.E., Stampfer M.J., Rimm E.B., Speizer F.E., Hennekens C.H., Spiegelman D., Willett W.C. Fruit and Vegetable Intake in Relation to Risk of Ischemic Stroke. J. Am. Med. Assoc. 1999;282:1233–1239. doi: 10.1001/jama.282.13.1233. - [DOI](https://doi.org/10.1001/jama.282.13.1233)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/10517425/)
  95. Miller V., Mente A., Dehghan M., Rangarajan S., Zhang X., Swaminathan S., Dagenais G., Gupta R., Mohan V., Lear S., et al. Fruit, Vegetable, and Legume Intake, and Cardiovascular Disease and Deaths in 18 Countries (PURE): A Prospective Cohort Study. Lancet. 2017;390:2037–2049. doi: 10.1016/S0140-6736(17)32253-5. - [DOI](https://doi.org/10.1016/s0140-6736(17)32253-5)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28864331/)
  96. Sanderman E.A., Willis S.K., Wise L.A. Female Dietary Patterns and Outcomes of in Vitro Fertilization (IVF): A Systematic Literature Review. Nutr. J. 2022;21:5. doi: 10.1186/s12937-021-00757-7. - [DOI](https://doi.org/10.1186/s12937-021-00757-7)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8764863/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35042510/)
  97. Kumar N., Singh A. Trends of Male Factor Infertility, an Important Cause of Infertility: A Review of Literature. J. Hum. Reprod. Sci. 2015;8:191–196. doi: 10.4103/0974-1208.170370. - [DOI](https://doi.org/10.4103/0974-1208.170370)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4691969/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26752853/)
  98. Buettner G.R. Superoxide Dismutase in Redox Biology: The Roles of Superoxide and Hydrogen Peroxide. Anticancer Agents Med. Chem. 2011;11:341–346. doi: 10.2174/187152011795677544. - [DOI](https://doi.org/10.2174/187152011795677544)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3131414/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/21453242/)
  99. Wang S., He G., Chen M., Zuo T., Xu W., Liu X. The Role of Antioxidant Enzymes in the Ovaries. Oxid. Med. Cell. Longev. 2017;2017:4371714. doi: 10.1155/2017/4371714. - [DOI](https://doi.org/10.1155/2017/4371714)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5632900/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29147461/)
  100. Lewandowski Ł., Kepinska M., Milnerowicz H. The Copper-Zinc Superoxide Dismutase Activity in Selected Diseases. Eur. J. Clin. Investig. 2019;49:e13036. doi: 10.1111/eci.13036. - [DOI](https://doi.org/10.1111/eci.13036)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30316201/)
  101. Sabatini L., Wilson C., Lower A., Al-Shawaf T., Grudzinskas J.G. Superoxide Dismutase Activity in Human Follicular Fluid after Controlled Ovarian Hyperstimulation in Women Undergoing in Vitro Fertilization. Fertil. Steril. 1999;72:1027–1034. doi: 10.1016/S0015-0282(99)00411-2. - [DOI](https://doi.org/10.1016/s0015-0282(99)00411-2)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/10593376/)
  102. Barrea L., Marzullo P., Muscogiuri G., Di Somma C., Scacchi M., Orio F., Aimaretti G., Colao A., Savastano S. Source and Amount of Carbohydrate in the Diet and Inflammation in Women with Polycystic Ovary Syndrome. Nutr. Res. Rev. 2018;31:291–301. doi: 10.1017/S0954422418000136. - [DOI](https://doi.org/10.1017/s0954422418000136)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30033891/)
  103. Insulin Resistance. [(accessed on 10 January 2023)]; Available online: <https://www.ncbi.nlm.nih.gov/books/NBK507839/>
  104. Rama Raju G.A., Jaya Prakash G., Murali Krishna K., Madan K., Siva Narayana T., Ravi Krishna C.H. Noninsulin-Dependent Diabetes Mellitus: Effects on Sperm Morphological and Functional Characteristics, Nuclear DNA Integrity and Outcome of Assisted Reproductive Technique. Andrologia. 2012;44:490–498. doi: 10.1111/j.1439-0272.2011.01213.x. - [DOI](https://doi.org/10.1111/j.1439-0272.2011.01213.x)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/21806668/)
  105. Zhong O., Ji L., Wang J., Lei X., Huang H. Association of Diabetes and Obesity with Sperm Parameters and Testosterone Levels: A Meta-Analysis. Diabetol. Metab. Syndr. 2021;13:109. doi: 10.1186/s13098-021-00728-2. - [DOI](https://doi.org/10.1186/s13098-021-00728-2)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8520257/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34656168/)
  106. Lutz W., Leridon H., Aitken R.J., Von Eyben F.E. Fertility Rates and Future Population Trends: Will Europe’s Birth Rate Recover or Continue to Decline? Int. J. Androl. 2006;29:25–33. doi: 10.1111/j.1365-2605.2005.00639.x. - [DOI](https://doi.org/10.1111/j.1365-2605.2005.00639.x)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/16466521/)
  107. Castela Â., Costa C. Molecular Mechanisms Associated with Diabetic Endothelial-Erectile Dysfunction. Nat. Rev. Urol. 2016;13:266–274. doi: 10.1038/nrurol.2016.23. - [DOI](https://doi.org/10.1038/nrurol.2016.23)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26878803/)
  108. Lotti F., Corona G., Degli Innocenti S., Filimberti E., Scognamiglio V., Vignozzi L., Forti G., Maggi M. Seminal, Ultrasound and Psychobiological Parameters Correlate with Metabolic Syndrome in Male Members of Infertile Couples. Andrology. 2013;1:229–239. doi: 10.1111/j.2047-2927.2012.00031.x. - [DOI](https://doi.org/10.1111/j.2047-2927.2012.00031.x)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/23315971/)
  109. Martins A.D., Majzoub A., Agawal A. Metabolic Syndrome and Male Fertility. World J. Men’s Health. 2019;37:113–127. doi: 10.5534/wjmh.180055. - [DOI](https://doi.org/10.5534/wjmh.180055)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6479081/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30350486/)
  110. Imani M., Talebi A.R., Fesahat F., Rahiminia T., Seifati S.M., Dehghanpour F. Sperm Parameters, DNA Integrity, and Protamine Expression in Patients with Type II Diabetes Mellitus. J. Obstet. Gynaecol. 2021;41:439–446. doi: 10.1080/01443615.2020.1744114. - [DOI](https://doi.org/10.1080/01443615.2020.1744114)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32705912/)
  111. Bhattacharya S.M., Ghosh M., Nandi N. Diabetes Mellitus and Abnormalities in Semen Analysis. J. Obstet. Gynaecol. Res. 2014;40:167–171. doi: 10.1111/jog.12149. - [DOI](https://doi.org/10.1111/jog.12149)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24102694/)
  112. Busetto G.M., Agarwal A., Virmani A., Antonini G., Ragonesi G., Del Giudice F., Micic S., Gentile V., De Berardinis E. Effect of Metabolic and Antioxidant Supplementation on Sperm Parameters in Oligo-Astheno-Teratozoospermia, with and without Varicocele: A Double-Blind Placebo-Controlled Study. Andrologia. 2018;50:e12927. doi: 10.1111/and.12927. - [DOI](https://doi.org/10.1111/and.12927)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29315686/)
  113. Braga D.P.D.A.F., Halpern G., Figueira R.D.C.S., Setti A.S., Iaconelli A., Borges E. Food Intake and Social Habits in Male Patients and Its Relationship to Intracytoplasmic Sperm Injection Outcomes. Fertil. Steril. 2012;97:53–59. doi: 10.1016/j.fertnstert.2011.10.011. - [DOI](https://doi.org/10.1016/j.fertnstert.2011.10.011)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22078783/)
  114. Keskes-Ammar L., Feki-Chakroun N., Rebai T., Sahnoun Z., Ghozzi H., Hammami S., Zghal K., Fki H., Damak J., Bahloul A. Sperm Oxidative Stress and the Effect of an Oral Vitamin E and Selenium Supplement on Semen Quality in Infertile Men. Arch. Androl. 2003;49:83–94. doi: 10.1080/01485010390129269. - [DOI](https://doi.org/10.1080/01485010390129269)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/12623744/)
  115. Barratt C.L.R., Björndahl L., De Jonge C.J., Lamb D.J., Martini F.O., McLachlan R., Oates R.D., van der Poel S., John B.S., Sigman M., et al. The Diagnosis of Male Infertility: An Analysis of the Evidence to Support the Development of Global WHO Guidance-Challenges and Future Research Opportunities. Hum. Reprod. Update. 2017;23:660–680. doi: 10.1093/humupd/dmx021. - [DOI](https://doi.org/10.1093/humupd/dmx021)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5850791/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28981651/)
  116. Cardoso J.P., Cocuzza M., Elterman D. Optimizing Male Fertility: Oxidative Stress and the Use of Antioxidants. World J. Urol. 2019;37:1029–1034. doi: 10.1007/s00345-019-02656-3. - [DOI](https://doi.org/10.1007/s00345-019-02656-3)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30719570/)
  117. Kothari R.P., Chaudhari A.R. Zinc Levels in Seminal Fluid in Infertile Males and Its Relation with Serum Free Testosterone. J. Clin. Diagn. Res. 2016;10:CC05–CC08. doi: 10.7860/JCDR/2016/14393.7723. - [DOI](https://doi.org/10.7860/jcdr/2016/14393.7723)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4948382/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27437207/)
  118. Yamaguchi S., Miura C., Kikuchi K., Celino F.T., Agusa T., Tanabe S., Miura T. Zinc Is an Essential Trace Element for Spermatogenesis. Proc. Natl. Acad. Sci. USA. 2009;106:10859–10864. doi: 10.1073/pnas.0900602106. - [DOI](https://doi.org/10.1073/pnas.0900602106)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc2705534/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/19541612/)
  119. Mirnamniha M., Faroughi F., Tahmasbpour E., Ebrahimi P., Harchegani A.B. An Overview on Role of Some Trace Elements in Human Reproductive Health, Sperm Function and Fertilization Process. Rev. Environ. Health. 2019;34:339–348. doi: 10.1515/reveh-2019-0008. - [DOI](https://doi.org/10.1515/reveh-2019-0008)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31203261/)
  120. Fallah A., Mohammad-Hasani A., Colagar A.H. Zinc Is an Essential Element for Male Fertility: A Review of Zn Roles in Men’s Health, Germination, Sperm Quality, and Fertilization. J. Reprod. Infertil. 2018;19:69–81. - [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6010824/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30009140/)
  121. Gammoh N.Z., Rink L. Zinc in Infection and Inflammation. Nutrients. 2017;9:624. doi: 10.3390/nu9060624. - [DOI](https://doi.org/10.3390/nu9060624)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5490603/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28629136/)
  122. Schisterman E.F., Sjaarda L.A., Clemons T., Carrell D.T., Perkins N.J., Johnstone E., Lamb D., Chaney K., Van Voorhis B.J., Ryan G., et al. Effect of Folic Acid and Zinc Supplementation in Men on Semen Quality and Live Birth among Couples Undergoing Infertility Treatment: A Randomized Clinical Trial. JAMA—J. Am. Med. Assoc. 2020;323:35–48. doi: 10.1001/jama.2019.18714. - [DOI](https://doi.org/10.1001/jama.2019.18714)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6990807/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31910279/)
  123. Lerda D. Study of Sperm Characteristics in Persons Occupationally Exposed to Lead. Am. J. Ind. Med. 1992;22:567–571. doi: 10.1002/ajim.4700220411. - [DOI](https://doi.org/10.1002/ajim.4700220411)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/1442789/)
  124. Hawkes W.C., Turek P.J. Effects of Dietary Selenium on Sperm Motility in Healthy Men. J. Androl. 2001;22:764–772. - [PubMed](https://pubmed.ncbi.nlm.nih.gov/11545288/)
  125. Mintziori G., Mousiolis A., Duntas L.H., Goulis D.G. Evidence for a Manifold Role of Selenium in Infertility. Hormones. 2020;19:55–59. doi: 10.1007/s42000-019-00140-6. - [DOI](https://doi.org/10.1007/s42000-019-00140-6)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31701489/)
  126. Majzoub A., Agarwal A. Systematic Review of Antioxidant Types and Doses in Male Infertility: Benefits on Semen Parameters, Advanced Sperm Function, Assisted Reproduction and Live-Birth Rate. Arab J. Urol. 2018;16:113–124. doi: 10.1016/j.aju.2017.11.013. - [DOI](https://doi.org/10.1016/j.aju.2017.11.013)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5922223/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29713542/)
  127. Durairajanayagam D., Agarwal A., Ong C., Prashast P. Lycopene and Male Infertility. Asian J. Androl. 2014;16:420–425. - [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4023371/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24675655/)
  128. Bakaloudi D.R., Halloran A., Rippin H.L., Oikonomidou A.C., Dardavesis T.I., Williams J., Wickramasinghe K., Breda J., Chourdakis M. Intake and Adequacy of the Vegan Diet. A Systematic Review of the Evidence. Clin. Nutr. 2021;40:3503–3521. doi: 10.1016/j.clnu.2020.11.035. - [DOI](https://doi.org/10.1016/j.clnu.2020.11.035)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33341313/)
  129. Sakkas H., Bozidis P., Touzios C., Kolios D., Athanasiou G., Athanasopoulou E., Gerou I., Gartzonika C. Nutritional Status and the Influence of the Vegan Diet on the Gut Microbiota and Human Health. Medicina. 2020;56:88. doi: 10.3390/medicina56020088. - [DOI](https://doi.org/10.3390/medicina56020088)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7073751/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32098430/)
  130. Neufingerl N., Eilander A. Nutrient Intake and Status in Adults Consuming Plant-Based Diets Compared to Meat-Eaters: A Systematic Review. Nutrients. 2022;14:29. doi: 10.3390/nu14010029. - [DOI](https://doi.org/10.3390/nu14010029)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8746448/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35010904/)
  131. Craig W.J., Mangels A.R., Fresán U., Marsh K., Miles F.L., Saunders A.V., Haddad E.H., Heskey C.E., Johnston P., Larson-meyer E., et al. The Safe and Effective Use of Plant-based Diets with Guidelines for Health Professionals. Nutrients. 2021;13:4144. doi: 10.3390/nu13114144. - [DOI](https://doi.org/10.3390/nu13114144)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8623061/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34836399/)
  132. Toledo E., Lopez-Del Burgo C., Ruiz-Zambrana A., Donazar M., Navarro-Blasco Í., Martínez-González M.A., De Irala J. Dietary Patterns and Difficulty Conceiving: A Nested Case-Control Study. Fertil. Steril. 2011;96:1149–1153. doi: 10.1016/j.fertnstert.2011.08.034. - [DOI](https://doi.org/10.1016/j.fertnstert.2011.08.034)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/21943725/)
  133. Willis S.K., Wise L.A., Wesselink A.K., Rothman K.J., Mikkelsen E.M., Tucker K.L., Trolle E., Hatch E.E. Glycemic Load, Dietary Fiber, and Added Sugar and Fecundability in 2 Preconception Cohorts. Am. J. Clin. Nutr. 2020;112:27–38. doi: 10.1093/ajcn/nqz312. - [DOI](https://doi.org/10.1093/ajcn/nqz312)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7326597/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31901163/)
  134. Walczak-Jedrzejowska R., Wolski J.K., Slowikowska-Hilczer J. The Role of Oxidative Stress and Antioxidants in Male Fertility. Cent. Eur. J. Urol. 2013;66:60–67. doi: 10.5173/ceju.2013.01.art19. - [DOI](https://doi.org/10.5173/ceju.2013.01.art19)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3921845/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24578993/)
  135. Hatch E.E., Wesselink A.K., Hahn K.A., Michiel J.J., Mikkelsen E.M., Sorensen H.T., Rothman K.J., Wise L.A. Intake of Sugar-Sweetened Beverages and Fecundability in a North American Preconception Cohort. Epidemiology. 2018;29:369–378. doi: 10.1097/EDE.0000000000000812. - [DOI](https://doi.org/10.1097/ede.0000000000000812)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5882510/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29384791/)
  136. Schliep K.C., Schisterman E.F., Mumford S.L., Pollack A.Z., Perkins N.J., Ye A., Zhang C.J., Stanford J.B., Porucznik C.A., Hammoud A.O., et al. Energy-Containing Beverages: Reproductive Hormones and Ovarian Function in the Biocycle Study1-3. Am. J. Clin. Nutr. 2013;97:621–630. doi: 10.3945/ajcn.111.024752. - [DOI](https://doi.org/10.3945/ajcn.111.024752)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3578404/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/23364018/)
  137. Lim S.X., Loy S.L., Colega M.T., Lai J.S., Godfrey K.M., Lee Y.S., Tan K.H., Yap F., Shek L.P.C., Chong Y.S., et al. Prepregnancy Adherence to Plant-Based Diet Indices and Exploratory Dietary Patterns in Relation to Fecundability. Am. J. Clin. Nutr. 2022;115:559–569. doi: 10.1093/ajcn/nqab344. - [DOI](https://doi.org/10.1093/ajcn/nqab344)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7612357/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/34626169/)
  138. Chiu Y.H., Afeiche M.C., Gaskins A.J., Williams P.L., Mendiola J., Jorgensen N., Swan S.H., Chavarro J.E. Sugar-Sweetened Beverage Intake in Relation to Semen Quality and Reproductive Hormone Levels in Young Men. Hum. Reprod. 2014;29:1575–1584. doi: 10.1093/humrep/deu102. - [DOI](https://doi.org/10.1093/humrep/deu102)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4168308/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24812311/)
  139. Hatch E.E., Wise L.A., Mikkelsen E.M., Christensen T., Riis A.H., Sørensen H.T., Rothman K.J. Caffeinated Beverage and Soda Consumption and Time to Pregnancy. Epidemiology. 2012;23:393–401. doi: 10.1097/EDE.0b013e31824cbaac. - [DOI](https://doi.org/10.1097/ede.0b013e31824cbaac)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3321066/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22407137/)
  140. Kazemi M., Hadi A., Pierson R.A., Lujan M.E., Zello G.A., Chilibeck P.D. Effects of Dietary Glycemic Index and Glycemic Load on Cardiometabolic and Reproductive Profiles in Women with Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Adv. Nutr. 2021;12:161–178. doi: 10.1093/advances/nmaa092. - [DOI](https://doi.org/10.1093/advances/nmaa092)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7850057/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32805007/)
  141. Caprio M., Infante M., Moriconi E., Armani A., Fabbri A., Mantovani G., Mariani S., Lubrano C., Poggiogalle E., Migliaccio S., et al. Very-Low-Calorie Ketogenic Diet (VLCKD) in the Management of Metabolic Diseases: Systematic Review and Consensus Statement from the Italian Society of Endocrinology (SIE) J. Endocrinol. Investig. 2019;42:1365–1386. doi: 10.1007/s40618-019-01061-2. - [DOI](https://doi.org/10.1007/s40618-019-01061-2)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31111407/)
  142. Gaskins A.J., Mumford S.L., Zhang C., Wactawski-Wende J., Hovey K.M., Whitcomb B.W., Howards P.P., Perkins N.J., Yeung E., Schisterman E.F. Effect of Daily Fiber Intake on Reproductive Function: The BioCycle Study. Am. J. Clin. Nutr. 2009;90:1061–1069. doi: 10.3945/ajcn.2009.27990. - [DOI](https://doi.org/10.3945/ajcn.2009.27990)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc2744625/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/19692496/)
  143. Colombo O., Pinelli G., Comelli M., Marchetti P., Sieri S., Brighenti F., Nappi R.E., Tagliabue A. Dietary Intakes in Infertile Women a Pilot Study. Nutr. J. 2009;8:53. doi: 10.1186/1475-2891-8-53. - [DOI](https://doi.org/10.1186/1475-2891-8-53)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc2780458/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/19903344/)
  144. Rostami K., Bold J., Parr A., Johnson M.W. Gluten-Free Diet Indications, Safety, Quality, Labels, and Challenges. Nutrients. 2017;9:846. doi: 10.3390/nu9080846. - [DOI](https://doi.org/10.3390/nu9080846)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5579639/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28786929/)
  145. Vici G., Belli L., Biondi M., Polzonetti V. Gluten Free Diet and Nutrient Deficiencies: A Review. Clin. Nutr. 2016;35:1236–1241. doi: 10.1016/j.clnu.2016.05.002. - [DOI](https://doi.org/10.1016/j.clnu.2016.05.002)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27211234/)
  146. Diez-Sampedro A., Olenick M., Maltseva T., Flowers M. A Gluten-Free Diet, Not an Appropriate Choice without a Medical Diagnosis. J. Nutr. Metab. 2019;2019:2438934. doi: 10.1155/2019/2438934. - [DOI](https://doi.org/10.1155/2019/2438934)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6636598/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31354988/)
  147. Kemp B., Grooten H.J.G., Den Hartog L.A., Luiting P., Verstegen M.W.A. The Effect of a High Protein Intake on Sperm Production in Boars at Two Semen Collection Frequencies. Anim. Reprod. Sci. 1988;17:103–113. doi: 10.1016/0378-4320(88)90050-4. - [DOI](https://doi.org/10.1016/0378-4320(88)90050-4)
  148. Farshchi H., Rane A., Love A., Kennedy R.L. Diet and Nutrition in Polycystic Ovary Syndrome (PCOS): Pointers for Nutritional Management. J. Obstet. Gynaecol. 2007;27:762–773. doi: 10.1080/01443610701667338. - [DOI](https://doi.org/10.1080/01443610701667338)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/18097891/)
  149. Mumford S.L., Alohali A., Wactawski-Wende J. Dietary Protein Intake and Reproductive Hormones and Ovulation: The BioCycle Study. Fertil. Steril. 2015;104:e2. doi: 10.1016/j.fertnstert.2015.07.005. - [DOI](https://doi.org/10.1016/j.fertnstert.2015.07.005)
  150. Walters K.A., Handelsman D.J. Role of Androgens in the Ovary. Mol. Cell. Endocrinol. 2018;465:36–47. doi: 10.1016/j.mce.2017.06.026. - [DOI](https://doi.org/10.1016/j.mce.2017.06.026)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28687450/)
  151. Souter I., Chiu Y.H., Batsis M., Afeiche M.C., Williams P.L., Hauser R., Chavarro J.E. The Association of Protein Intake (Amount and Type) with Ovarian Antral Follicle Counts among Infertile Women: Results from the EARTH Prospective Study Cohort. BJOG Int. J. Obstet. Gynaecol. 2017;124:1547–1555. doi: 10.1111/1471-0528.14630. - [DOI](https://doi.org/10.1111/1471-0528.14630)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5568942/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28278351/)
  152. Zhang B., Zhang B., Zhang B., Zhang B., Zhou W., Zhou W., Zhou W., Zhou W., Shi Y., Shi Y., et al. Lifestyle and Environmental Contributions to Ovulatory Dysfunction in Women of Polycystic Ovary Syndrome. BMC Endocr. Disord. 2020;20:19–26. doi: 10.1186/s12902-020-0497-6. - [DOI](https://doi.org/10.1186/s12902-020-0497-6)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6993477/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/32000752/)
  153. Mendiola J., Torres-Cantero A.M., Moreno-Grau J.M., Ten J., Roca M., Moreno-Grau S., Bernabeu R. Food Intake and Its Relationship with Semen Quality: A Case-Control Study. Fertil. Steril. 2009;91:812–818. doi: 10.1016/j.fertnstert.2008.01.020. - [DOI](https://doi.org/10.1016/j.fertnstert.2008.01.020)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/18314116/)
  154. Chavarro J.E., Furtado J., Toth T.L., Ford J., Keller M., Campos H., Hauser R. Trans-Fatty Acid Levels in Sperm Are Associated with Sperm Concentration among Men from an Infertility Clinic. Fertil. Steril. 2011;95:1794–1797. doi: 10.1016/j.fertnstert.2010.10.039. - [DOI](https://doi.org/10.1016/j.fertnstert.2010.10.039)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3062652/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/21071027/)
  155. Xia W., Chiu Y.H., Williams P.L., Gaskins A.J., Toth T.L., Tanrikut C., Hauser R., Chavarro J.E. Men’s Meat Intake and Treatment Outcomes among Couples Undergoing Assisted Reproduction. Fertil. Steril. 2015;104:972–979. doi: 10.1016/j.fertnstert.2015.06.037. - [DOI](https://doi.org/10.1016/j.fertnstert.2015.06.037)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4592805/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26206344/)
  156. Nassan F.L., Chiu Y.H., Vanegas J.C., Gaskins A.J., Williams P.L., Ford J.B., Attaman J., Hauser R., Chavarro J.E. Intake of Protein-Rich Foods in Relation to Outcomes of Infertility Treatment with Assisted Reproductive Technologies. Am. J. Clin. Nutr. 2018;108:1104–1112. doi: 10.1093/ajcn/nqy185. - [DOI](https://doi.org/10.1093/ajcn/nqy185)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6692709/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30475972/)
  157. Unfer V., Casini M.L., Gerli S., Costabile L., Mignosa M., Di Renzo G.C. Phytoestrogens May Improve the Pregnancy Rate in in Vitro Fertilization-Embryo Transfer Cycles: A Prospective, Controlled, Randomized Trial. Fertil. Steril. 2004;82:1509–1513. doi: 10.1016/j.fertnstert.2004.07.934. - [DOI](https://doi.org/10.1016/j.fertnstert.2004.07.934)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/15589851/)
  158. Mumford S.L., Sundaram R., Schisterman E.F., Sweeney A.M., Barr D.B., Rybak M.E., Maisog J.M., Parker D.L., Pfeiffer C.M., Louis G.M.B. Higher Urinary Lignan Concentrations in Women but Not Men Are Positively Associated with Shorter Time to Pregnancy. J. Nutr. 2014;144:352–358. doi: 10.3945/jn.113.184820. - [DOI](https://doi.org/10.3945/jn.113.184820)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3927547/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24401816/)
  159. Vanegas J.C., Afeiche M.C., Gaskins A.J., Mínguez-Alarcón L., Williams P.L., Wright D.L., Toth T.L., Hauser R., Chavarro J.E. Soy Food Intake and Treatment Outcomes of Women Undergoing Assisted Reproductive Technology. Fertil. Steril. 2015;103:749–755. doi: 10.1016/j.fertnstert.2014.12.104. - [DOI](https://doi.org/10.1016/j.fertnstert.2014.12.104)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4346414/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/25577465/)
  160. Rizzo G., Feraco A., Storz M.A., Lombardo M. The Role of Soy and Soy Isoflavones on Women’s Fertility and Related Outcomes: An Update. J. Nutr. Sci. 2022;11:e17. doi: 10.1017/jns.2022.15. - [DOI](https://doi.org/10.1017/jns.2022.15)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc8922143/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35320928/)
  161. Hamilton-Reeves J.M., Vazquez G., Duval S.J., Phipps W.R., Kurzer M.S., Messina M.J. Clinical Studies Show No Effects of Soy Protein or Isoflavones on Reproductive Hormones in Men: Results of a Meta-Analysis. Fertil. Steril. 2010;94:997–1007. doi: 10.1016/j.fertnstert.2009.04.038. - [DOI](https://doi.org/10.1016/j.fertnstert.2009.04.038)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/19524224/)
  162. Van Die M.D., Bone K.M., Williams S.G., Pirotta M.V. Soy and Soy Isoflavones in Prostate Cancer: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. BJU Int. 2014;113:E119–E130. doi: 10.1111/bju.12435. - [DOI](https://doi.org/10.1111/bju.12435)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24053483/)
  163. Reed K.E., Camargo J., Hamilton-Reeves J., Kurzer M., Messina M. Neither Soy nor Isoflavone Intake Affects Male Reproductive Hormones: An Expanded and Updated Meta-Analysis of Clinical Studies. Reprod. Toxicol. 2021;100:60–67. doi: 10.1016/j.reprotox.2020.12.019. - [DOI](https://doi.org/10.1016/j.reprotox.2020.12.019)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33383165/)
  164. Chavarro J.E., Toth T.L., Sadio S.M., Hauser R. Soy Food and Isoflavone Intake in Relation to Semen Quality Parameters among Men from an Infertility Clinic. Hum. Reprod. 2008;23:2584–2590. doi: 10.1093/humrep/den243. - [DOI](https://doi.org/10.1093/humrep/den243)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc2721724/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/18650557/)
  165. Jacobsen B.K., Jaceldo-Siegl K., Knutsen S.F., Fan J., Oda K., Fraser G.E. Soy Isoflavone Intake and the Likelihood of Ever Becoming a Mother: The Adventist Health Study-2. Int. J. Women’s. Health. 2014;6:377–384. doi: 10.2147/IJWH.S57137. - [DOI](https://doi.org/10.2147/ijwh.s57137)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3982974/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24741329/)
  166. Chavarro J.E., Rich-Edwards J.W., Rosner B.A., Willett W.C. Dietary Fatty Acid Intakes and the Risk of Ovulatory Infertility. Am. J. Clin. Nutr. 2007;85:231–237. doi: 10.1093/ajcn/85.1.231. - [DOI](https://doi.org/10.1093/ajcn/85.1.231)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/17209201/)
  167. Bauer J.L., Kuhn K., Bradford A.P., Al-Safi Z.A., Harris M.A., Eckel R.H., Robledo C.Y., Malkhasyan A., Johnson J., Gee N.R., et al. Reduction in FSH Throughout the Menstrual Cycle After Omega-3 Fatty Acid Supplementation in Young Normal Weight but Not Obese Women. Reprod. Sci. 2019;26:1025–1033. doi: 10.1177/1933719119828099. - [DOI](https://doi.org/10.1177/1933719119828099)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6974596/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30773100/)
  168. Lefevre M., Lovejoy J.C., Smith S.R., Delany J.P., Champagne C., Most M.M., Denkins Y., De Jonge L., Rood J., Bray G.A. Comparison of the Acute Response to Meals Enriched with Cis- or Trans-Fatty Acids on Glucose and Lipids in Overweight Individuals with Differing FABP2 Genotypes. Metabolism. 2005;54:1652–1658. doi: 10.1016/j.metabol.2005.06.015. - [DOI](https://doi.org/10.1016/j.metabol.2005.06.015)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/16311100/)
  169. Belani M., Purohit N., Pillai P., Gupta S., Gupta S. Modulation of Steroidogenic Pathway in Rat Granulosa Cells with Subclinical Cd Exposure and Insulin Resistance: An Impact on Female Fertility. Biomed Res. Int. 2014;2014:460251. doi: 10.1155/2014/460251. - [DOI](https://doi.org/10.1155/2014/460251)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4157004/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/25210711/)
  170. Baer D.J., Judd J.T., Clevidence B.A., Tracy R.P. Dietary Fatty Acids Affect Plasma Markers of Inflammation in Healthy Men Fed Controlled Diets: A Randomized Crossover Study. Am. J. Clin. Nutr. 2004;79:969–973. doi: 10.1093/ajcn/79.6.969. - [DOI](https://doi.org/10.1093/ajcn/79.6.969)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/15159225/)
  171. Diamanti-Kandarakis E., Dunaif A. Insulin Resistance and the Polycystic Ovary Syndrome Revisited: An Update on Mechanisms and Implications. Endocr. Rev. 2012;33:981–1030. doi: 10.1210/er.2011-1034. - [DOI](https://doi.org/10.1210/er.2011-1034)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5393155/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/23065822/)
  172. Wise L.A., Wesselink A.K., Tucker K.L., Saklani S., Mikkelsen E.M., Cueto H., Riis A.H., Trolle E., McKinnon C.J., Hahn K.A., et al. Dietary Fat Intake and Fecundability in 2 Preconception Cohort Studies. Am. J. Epidemiol. 2018;187:60–74. doi: 10.1093/aje/kwx204. - [DOI](https://doi.org/10.1093/aje/kwx204)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5860620/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28595290/)
  173. de Souza R.J., Mente A., Maroleanu A., Cozma A.I., Ha V., Kishibe T., Uleryk E., Budylowski P., Schünemann H., Beyene J., et al. Intake of Saturated and Trans Unsaturated Fatty Acids and Risk of All Cause Mortality, Cardiovascular Disease, and Type 2 Diabetes: Systematic Review and Meta-Analysis of Observational Studies. BMJ. 2015;351:h3978. doi: 10.1136/bmj.h3978. - [DOI](https://doi.org/10.1136/bmj.h3978)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4532752/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26268692/)
  174. Çekici H., Akdevelioğlu Y. The Association between Trans Fatty Acids, Infertility and Fetal Life: A Review. Hum. Fertil. 2019;22:154–163. doi: 10.1080/14647273.2018.1432078. - [DOI](https://doi.org/10.1080/14647273.2018.1432078)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/29383942/)
  175. Douglas C.C., Norris L.E., Oster R.A., Darnell B.E., Azziz R., Gower B.A. Difference in Dietary Intake between Women with Polycystic Ovary Syndrome and Healthy Controls. Fertil. Steril. 2006;86:411–417. doi: 10.1016/j.fertnstert.2005.12.054. - [DOI](https://doi.org/10.1016/j.fertnstert.2005.12.054)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/16762348/)
  176. Carmina E., Legro R.S., Stamets K., Lowell J., Lobo R.A. Difference in Body Weight between American and Italian Women with Polycystic Ovary Syndrome: Influence of the Diet. Hum. Reprod. 2003;18:2289–2293. doi: 10.1093/humrep/deg440. - [DOI](https://doi.org/10.1093/humrep/deg440)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/14585875/)
  177. Attaman J.A., Toth T.L., Furtado J., Campos H., Hauser R., Chavarro J.E. Dietary Fat and Semen Quality among Men Attending a Fertility Clinic. Hum. Reprod. 2012;27:1466–1474. doi: 10.1093/humrep/des065. - [DOI](https://doi.org/10.1093/humrep/des065)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3329193/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22416013/)
  178. Braga D.P.A.F., Halpern G., Setti A.S., Figueira R.C.S., Iaconelli A., Borges E. The Impact of Food Intake and Social Habits on Embryo Quality and the Likelihood of Blastocyst Formation. Reprod. Biomed. Online. 2015;31:30–38. doi: 10.1016/j.rbmo.2015.03.007. - [DOI](https://doi.org/10.1016/j.rbmo.2015.03.007)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/25982093/)
  179. Axmon A., Rylander L., Strömberg U., Hagmar L. Female Fertility in Relation to the Consumption of Fish Contaminated with Persistent Organochlorine Compounds. Scand. J. Work. Environ. Health. 2002;28:124–132. doi: 10.5271/sjweh.656. - [DOI](https://doi.org/10.5271/sjweh.656)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/12019589/)
  180. Comerford K.B., Ayoob K.T., Murray R.D., Atkinson S.A. The Role of Avocados in Maternal Diets during the Periconceptional Period, Pregnancy, and Lactation. Nutrients. 2016;8:313. doi: 10.3390/nu8050313. - [DOI](https://doi.org/10.3390/nu8050313)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4882725/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27213449/)
  181. Mumford S.L., Browne R.W., Kim K., Nichols C., Wilcox B., Silver R.M., Connell M.T., Holland T.L., Kuhr D.L., Omosigho U.R., et al. Preconception Plasma Phospholipid Fatty Acids and Fecundability. J. Clin. Endocrinol. Metab. 2018;103:4501–4510. doi: 10.1210/jc.2018-00448. - [DOI](https://doi.org/10.1210/jc.2018-00448)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc6220440/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30124893/)
  182. Falsig A.M.L., Gleerup C.S., Knudsen U.B. The Influence of Omega-3 Fatty Acids on Semen Quality Markers: A Systematic PRISMA Review. Andrology. 2019;7:794–803. doi: 10.1111/andr.12649. - [DOI](https://doi.org/10.1111/andr.12649)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/31116515/)
  183. Moran L.J., Tsagareli V., Noakes M., Norman R. Altered Preconception Fatty Acid Intake Is Associated with Improved Pregnancy Rates in Overweight and Obesewomen Undertaking in Vitro Fertilisation. Nutrients. 2016;8:10. doi: 10.3390/nu8010010. - [DOI](https://doi.org/10.3390/nu8010010)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4728624/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26742065/)
  184. Salas-Huetos A., Arvizu M., Mínguez-Alarcón L., Mitsunami M., Ribas-Maynou J., Yeste M., Ford J.B., Souter I., Chavarro J.E. Women’s and Men’s Intake of Omega-3 Fatty Acids and Their Food Sources and Assisted Reproductive Technology Outcomes. Am. J. Obstet. Gynecol. 2022;227:246.e1–246.e11. doi: 10.1016/j.ajog.2022.03.053. - [DOI](https://doi.org/10.1016/j.ajog.2022.03.053)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc9308672/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/35364062/)
  185. Mumford S.L., Chavarro J.E., Zhang C., Perkins N.J., Sjaarda L.A., Pollack A.Z., Schliep K.C., Michels K.A., Zarek S.M., Plowden T.C., et al. Dietary Fat Intake and Reproductive Hormone Concentrations and Ovulation in Regularly Menstruating Women. Am. J. Clin. Nutr. 2016;103:868–877. doi: 10.3945/ajcn.115.119321. - [DOI](https://doi.org/10.3945/ajcn.115.119321)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4763493/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26843151/)
  186. Nehra D., Le H.D., Fallon E.M., Carlson S.J., Woods D., White Y.A., Pan A.H., Guo L., Rodig S.J., Tilly J.L., et al. Prolonging the Female Reproductive Lifespan and Improving Egg Quality with Dietary Omega-3 Fatty Acids. Aging Cell. 2012;11:1046–1054. doi: 10.1111/acel.12006. - [DOI](https://doi.org/10.1111/acel.12006)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5624332/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22978268/)
  187. Hammiche F., Vujkovic M., Wijburg W., De Vries J.H.M., MacKlon N.S., Laven J.S.E., Steegers-Theunissen R.P.M. Increased Preconception Omega-3 Polyunsaturated Fatty Acid Intake Improves Embryo Morphology. Fertil. Steril. 2011;95:1820–1823. doi: 10.1016/j.fertnstert.2010.11.021. - [DOI](https://doi.org/10.1016/j.fertnstert.2010.11.021)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/21130435/)
  188. Wathes D.C., Abayasekara D.R.E., Aitken R.J. Polyunsaturated Fatty Acids in Male and Female Reproduction. Biol. Reprod. 2007;77:190–201. doi: 10.1095/biolreprod.107.060558. - [DOI](https://doi.org/10.1095/biolreprod.107.060558)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/17442851/)
  189. Ruan Y.C., Guo J.H., Liu X., Zhang R., Tsang L.L., Da Dong J., Chen H., Yu M.K., Jiang X., Zhang X.H., et al. Activation of the Epithelial Na+ Channel Triggers Prostaglandin E2 Release and Production Required for Embryo Implantation. Nat. Med. 2012;18:1112–1117. doi: 10.1038/nm.2771. - [DOI](https://doi.org/10.1038/nm.2771)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22729284/)
  190. Salas-Huetos A., Moraleda R., Giardina S., Anton E., Blanco J., Salas-Salvadó J., Bulló M. Effect of Nut Consumption on Semen Quality and Functionality in Healthy Men Consuming a Western-Style Diet: A Randomized Controlled Trial. Am. J. Clin. Nutr. 2018;108:953–962. doi: 10.1093/ajcn/nqy181. - [DOI](https://doi.org/10.1093/ajcn/nqy181)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/30475967/)
  191. Robbins W.A., Xun L., FitzGerald L.Z., Esguerra S., Henning S.M., Carpenter C.L. Walnuts Improve Semen Quality in Men Consuming a Western-Style Diet: Randomized Control Dietary Intervention Trial. Biol. Reprod. 2012;87:101–108. doi: 10.1095/biolreprod.112.101634. - [DOI](https://doi.org/10.1095/biolreprod.112.101634)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/22895856/)
  192. Afeiche M.C., Chiu Y.H., Gaskins A.J., Williams P.L., Souter I., Wright D.L., Hauser R., Chavarro J.E. Dairy Intake in Relation to in Vitro Fertilization Outcomes among Women from a Fertility Clinic. Hum. Reprod. 2016;31:563–571. doi: 10.1093/humrep/dev344. - [DOI](https://doi.org/10.1093/humrep/dev344)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4755446/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/26787645/)
  193. Kim K., Wactawski-Wende J., Michels K.A., Plowden T.C., Chaljub E.N., Sjaarda L.A., Mumford S.L. Dairy Food Intake Is Associated with Reproductive Hormones and Sporadic Anovulation among Healthy Premenopausal Women. J. Nutr. 2017;147:218–226. doi: 10.3945/jn.116.241521. - [DOI](https://doi.org/10.3945/jn.116.241521)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5265695/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/27881593/)
  194. Chavarro J.E., Rich-Edwards J.W., Rosner B., Willett W.C. A Prospective Study of Dairy Foods Intake and Anovulatory Infertility. Hum. Reprod. 2007;22:1340–1347. doi: 10.1093/humrep/dem019. - [DOI](https://doi.org/10.1093/humrep/dem019)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/17329264/)
  195. Greenlee A.R., Arbuckle T.E., Chyou P.H. Risk Factors for Female Infertility in an Agricultural Region. Epidemiology. 2003;14:429–436. doi: 10.1097/01.EDE.0000071407.15670.aa. - [DOI](https://doi.org/10.1097/01.ede.0000071407.15670.aa)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/12843768/)
  196. Salas-Salvadó J., Guasch-Ferré M., Díaz-López A., Babio N. Yogurt and Diabetes: Overview of Recent Observational Studies. J. Nutr. 2017;147:1452–1461. doi: 10.3945/jn.117.248229. - [DOI](https://doi.org/10.3945/jn.117.248229)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28615384/)
  197. Wen L., Duffy A. Factors Influencing the Gut Microbiota, Inflammation, and Type 2 Diabetes. J. Nutr. 2017;147:1468s–1475s. doi: 10.3945/jn.116.240754. - [DOI](https://doi.org/10.3945/jn.116.240754)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc5483960/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/28615382/)
  198. Janiszewska J., Ostrowska J., Szostak-Węgierek D. Milk and Dairy Products and Their Impact on Carbohydrate Metabolism and Fertility—A Potential Role in the Diet of Women with Polycystic Ovary Syndrome. Nutrients. 2020;12:3491. doi: 10.3390/nu12113491. - [DOI](https://doi.org/10.3390/nu12113491)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc7696580/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/33202986/)
  199. Afeiche M.C., Bridges N.D., Williams P.L., Gaskins A.J., Tanrikut C., Petrozza J.C., Hauser R., Chavarro J.E. Dairy Intake and Semen Quality among Men Attending a Fertility Clinic. Fertil. Steril. 2014;101:1280–1287.e2. doi: 10.1016/j.fertnstert.2014.02.003. - [DOI](https://doi.org/10.1016/j.fertnstert.2014.02.003)- [PMC](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4008690/)- [PubMed](https://pubmed.ncbi.nlm.nih.gov/24636397/)