



DAIRY CONSUMPTION AND FERTILITY: IMPACT ON MALE AND FEMALE REPRODUCTIVE HEALTH



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INTRODUCTION

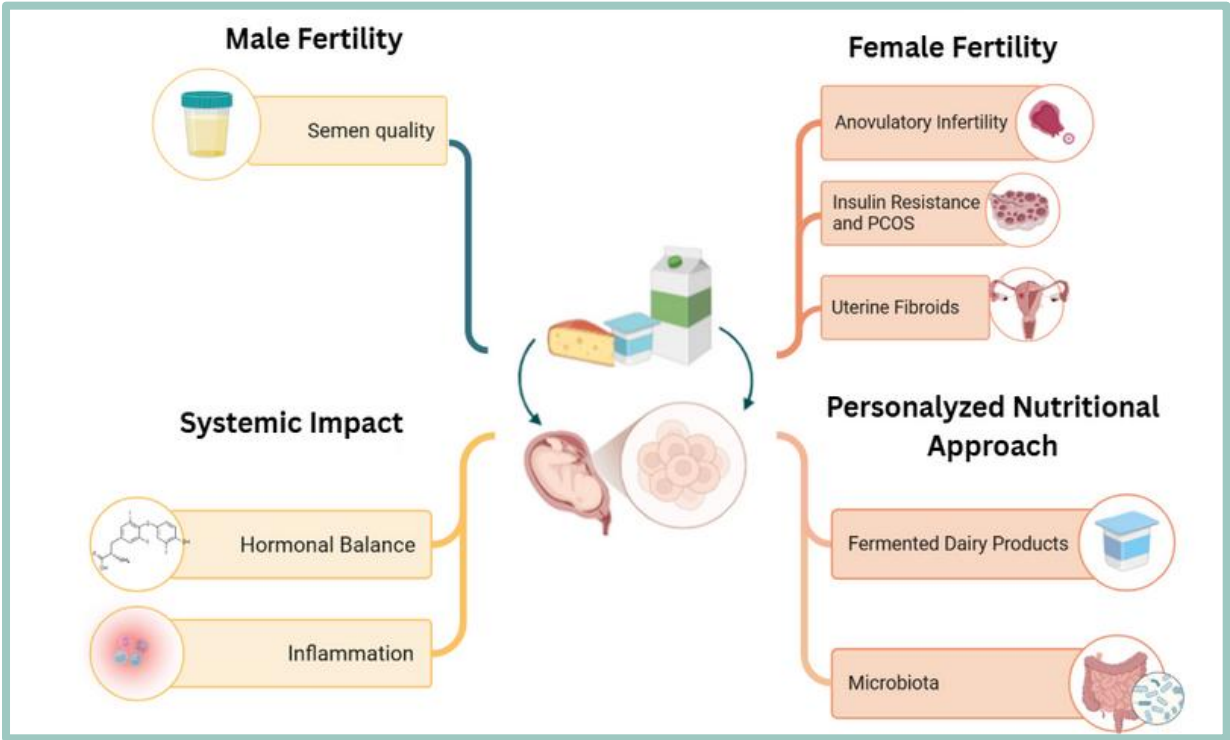
Diet and lifestyle are modifiable factors that significantly affect fertility. Recent studies have linked dairy intake to infertility-related conditions such as endometriosis and PCOS, as well as reproductive parameters like semen quality, ovulation rate and outcomes of assisted reproduction. However, results of the scientific literature available to date are discordant, suggesting that the effects may vary significantly based on multiple factors. We explore how dairy consumption influences fertility, highlighting differences between men and women across various andrological and gynecological conditions.

METHODS

This study evaluated clinical and observational research, along with meta-analyses published between 2014 and 2025. Relevant studies were identified through databases such as PubMed, Science Direct, MEDLINE, and Google Scholar using keywords related to “dairy”, “nutrition”, “hormones”, “fertility”, and “reproduction”. Only studies that examined the connection between dairy consumption and its influence on fertility were included.

DISCUSSION AND CONCLUSIONS

The effect of dairy products on fertility depends on the type of product and individual characteristics. Fat content, the presence of exogenous hormones and metabolic balance play a key role. A personalized nutritional approach should favor fermented dairy products or low-saturated fat, monitoring total intake and favoring eubiosis (Fabozzi et al., 2022). Although there is no evidence to systematically exclude dairy products in infertile women, it is important to balance type and quantity to optimize the benefits. In conclusion, the role of dairy products in reproductive health requires an individualized approach considering genetic, metabolic, hormonal and clinical variables. Further studies are needed to clarify the interactions between dairy consumption and fertility and provide personalized recommendations.



RESULTS

The effect of dairy on reproductive health depends on the type of product and individual factors. Full-fat dairy is linked to a reduced risk of anovulatory infertility (Chavarro et al., 2007), while low-fat dairy improves semen quality. Fermented products like yogurt and kefir enhance insulin sensitivity in women with PCOS and improve male semen parameters (Avila et al., 2020; Shoaee et al., 2015; Afeiche et al., 2013). In premenopausal women, high milk intake lowers estradiol and raises LH levels (Kim et al., 2017). In children, it may increase IGF-1 and estrogen, potentially leading to acne (Rich-Edwards et al., 2007; Adebamowo et al., 2008). Some studies suggest dairy-related steroid hormones and contaminants may impair folliculogenesis and increase inflammation (Malekinejad et al., 2015). The link with uterine fibroids is unclear: high intake may raise risk but seems protective in African-American women (Gao et al., 2018; Wise et al., 2010).