Nutritional value in a serving of semen [1]

Hi Alice,

Today a girlfriend and I were discussing the nutritional value of sperm. While performing oral sex, if you swallow, I was told that it is very high in protein. However, I was also informed that it is very high in calories. This may seem like a weird question, but I would like to know what nutritional benefits are involved when "swallowing" and how many approximate calories are in a man's ejaculation? Thank you for your help in this matter.

P

Answer

Dear P,

A typical ejaculation fills up about one teaspoon; the actual amount is determined by a man's age (younger men usually make more semen), when he last ejaculated, and how long he's aroused before ejaculating, among other factors. Contrary to what you've heard, semen is not loaded with calories. Each teaspoon of ejaculate has about five to seven calories and some 200 to 500 million sperm. Since sperm make up only about one percent of semen, what accounts for the other 99 percent? Well, its other ingredients include:

- Fructose sugar
- Water
- Ascorbic acid (a.k.a., Vitamin C)
- Citric acid
- Enzymes
- Protein
- Phosphate and bicarbonate buffers (bases)
- Zinc

Can swallowing semen enrich a protein poor diet? Unless you're gulping gallons of it each day, it's no substitute for real nutritious cuisine! While it may be nutrition you're after, P, semen can also transmit sexually transmitted infections (STIs). It may be a good idea to keep in mind safer sex practices when considering whether or not to swallow.

Alice!

Category:
Sexual & Reproductive Health [2]
Related questions

What happens if you eat your own sperm? [4]
Will sex-ercise shed those extra pounds? [5]
The stuff that women's sexual secretions are made of [6]
Oral sex etiquette [7]
My boyfriend's semen is chunky? Is this normal? [8]
Sharing drugs... through semen? [9]

Published date:
Oct 29, 1999
Last reviewed on:
Mar 09, 2015

Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://goaskalice.columbia.edu/answered-questions/nutritional-value-serving-semen#comment-0

Links