

Taste of semen ^[1]

1) Dear Alice,

I'm in a new relationship and would like to perform oral sex with my partner, but never have experienced my partner actually coming in my mouth. I know this sounds silly, but what does cum taste like and how much is there normally? From conversations I have had with my boyfriend, he would prefer me to "swallow." I'm just not sure I can do that, but would like to at least try, but I don't want to disappoint him by not knowing what to expect.

2) Hello Alice,

I am a 23-year-old vegetarian male, though I eat fish and milk products. I would like to know how I can improve the taste of my sperm, as my girlfriend greatly dislikes the taste. I am interested to know how diet and exercise can improve the taste. Your reply would be greatly appreciated, as this is a topic that is difficult to talk to health professionals about.

Answer

Dear Readers,

Baby batter, jizz, cum, love juice... there are just as many opinions on semen, the fluid in which sperm are found, as there are slang words for it. The taste of, and the taste for, cum is unique for each person. While no definitive link between diet, physical activity, and the taste of semen has been scientifically established, there's plenty of anecdotal evidence for you to test. That being said, research indicates that diet can impact sperm health. As to your question about the amount of semen, the average amount of ejaculate is about a teaspoon. For more details on that, see the answer to [Produce more cum?](#) ^[2]. You might also want to consider alternative ways to experience physical intimacy that make both you and your partner excited (more on that later).

Diet can change how well sperm swim, but can it take the funk out of spunk? Some people claim that eating (or drinking the juice of) certain fruits and veggies, such as pineapple, papaya, and citrus fruits, makes cum more palatable. On the flip side, some foods may have the potential to make jizz less appetizing — these include asparagus, broccoli, cauliflower, onions, and garlic. Red meat, cheese, coffee, alcohol, and cigarettes are also among the products that reportedly make cum taste worse. In addition to diet, you can see if physical activity could influence taste; to

test this, sample semen before and after physical activity to see if there's a discernible difference. Remember, regardless of diet or physical activity patterns, semen (like breath and sweat) has a taste and smell all its own, so any food or physical activity modifications may only have a short-term effect.

Interestingly, even if these lifestyle changes don't jazz up the taste of jizz, they do have the potential to improve the quality and quantity of the sperm within the semen, as well as the overall health of the person. Studies show diets high in dairy, sugar, processed meats, and red meat can negatively impact sperm motility, mobility, and count. Likewise, high alcohol consumption may negatively impact sperm quality. So, for the sake of sperm's health (and potentially taste), it may be best to stick with a diet rich in fruits, vegetables, and lean proteins.

You might also consider having a discussion with your partner to see if there are changes to your sex life you both would be willing to explore that have less to do with oral sex. For example, maybe you or your partner would prefer ejaculation somewhere other than in the mouth, even if the penis is orally brought to orgasm, often referred to as a blow job. You could also try using flavored condoms or flavored lube to make fellatio more enjoyable. In the meantime, try thinking about the fun and pleasurable activities that you already do together with your partner, rather than focusing on what is distasteful or unknown to either of you.

Here's to a tasty ending! Bon appetit,

Alice!

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