



What foods can be used safely for all forms of sex?

Question

Alice,

What foods can be used safely for all forms of sex? How do foods need to be prepped? Any "side effects"? I would really like to incorporate food into my sex life, but I'm not sure where to start.

Thanx, Alice.

Answer

Dear Reader,

It sounds like you're hungry for some delicious sexual exploration. Given the many factors to consider when incorporating food into a sexual repertoire, there's no food that can be used safely with *all* forms of sex. However, depending on the type of sex or foreplay, certain food items may enhance sexual activity, as long as they're used appropriately.

Use of oily and sugary products are best kept above the belt. Oil breaks down latex condoms, traps bacteria and irritants close to the skin, and is tough to clean. In warm, moist environments, sugar encourages growth of yeast and bacteria, encouraging various infections, such as urinary tract infections (UTIs), yeast infections, or bacterial vaginosis, among others. While chocolate and champagne may set a romantic mood, they could also cause some unwanted infections if brought into contact with the genitals. For safer substitutes, consider visiting sexuality specialty shops in person or online. They often stock sugar- and glycerin-free edibles that are safer to use in food-sex play.

Although not recommended by medical professionals, they do provide some suggestions to minimize risk of infection or getting food products stuck if you do choose to incorporate them into your sex life. Whatever your preferences, using food for sex play requires certain precautions. It's good to carefully wash and smooth any loose, rough, or sharp areas, and use a condom to protect against potential irritation or infection. A bit of additional lube may also make the experience go even more smoothly. If you're hoping to pass food between orifices, it's critical to grab an alternate food item or a new lubed condom to avoid transmission of sexually transmitted or other infections. Shape and consistency are other factors to keep in mind. When inserting food into the vagina or anus, it's recommended to opt for smooth, hard objects, such as cucumbers, rather than softer, messier foods such as bananas or peanut butter. However, food in the anus requires a non-slip base that's wider than the anal opening, allowing for a firm grip and safe removal. When it comes to sexy food play, allergies, sensitivities, and intolerances are

relevant concerns, so avoiding foods that you or your partners have reacted to negatively is a safer practice. Additionally, spicy food (such as hot peppers), acidity, and heat are all potential irritants, especially when dealing with the sensitive areas of the mouth, anus, penis, or vulva.

In terms of clean up, the vagina and anus are capable of self-cleaning, as their sensitive membranes are protected by natural secretions. Douches or enemas can wash away the body's natural lubrication, which increases the risk of irritation or tearing during penetration. Additionally, rinsing out these cavities can have the unintended consequence of pushing food particles deeper into the body, which could result in bacterial growth or infection.

If you're looking to get you and your partner in the mood for some sexy time, oysters, chocolate, strawberries, and avocado are thought to be aphrodisiacs, which are substances that stimulate sex drive when consumed. These foods contain certain vitamins and minerals that may raise mood, boost some health measures, and increase sperm production, which can, supposedly, enhance sexual interest or performance. There's been little confirmed research on the subject, but one study found that oysters did increase antioxidants (which are thought to boost libido) and enhance sexual performance in mice. Though there isn't enough evidence to confirm a scientific relationship between aphrodisiac foods and sex, it doesn't change the fact that strawberries, chocolate, and other foods have a sexy cultural connotation!

Hopefully this information will lead you to food play that is safe, sexy, and fun, and not a recipe for disaster. Bon appétit!

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