



10 FOODS FOR FERTILITY



Eggs are such an accessible, versatile and nutritious food for all stages of life. With ~12g of protein per egg, they also come with added B vitamins and vitamin D. Vitamin A is also an important nutrient in infertility and the development of optical systems in the foetus. Choline is a lesser-known nutrient that has a major influence on cognitive development along with side DHA fatty acids.

- Vegetable frittata/omelette
- Morning eggs your way
- Salad components
- Hard-boiled egg snacks

EGGS

A perfect start to the day is a bowl of oats, and the less processed the better. Steel-cut oats are the least processed version of oats but can be very time consuming if you make them each day so doing a large batch is advisable. For daily prep go for a rolled oat which still contain the essential elements of the original oat that provides good nutritional value. Zinc, magnesium, potassium, fibre protein and fat. Beta-glucans in oats also promote health benefits when it comes to weight loss, cardiovascular disease and immune function. In herbal medicine, we also use oat seed as a tonic for anxiety, stress and insomnia to nourish the nervous system.

- A morning bowl of oats
- Overnight oats
- In smoothies
- Baked oat bars
- Steel-cut oats – meal prep

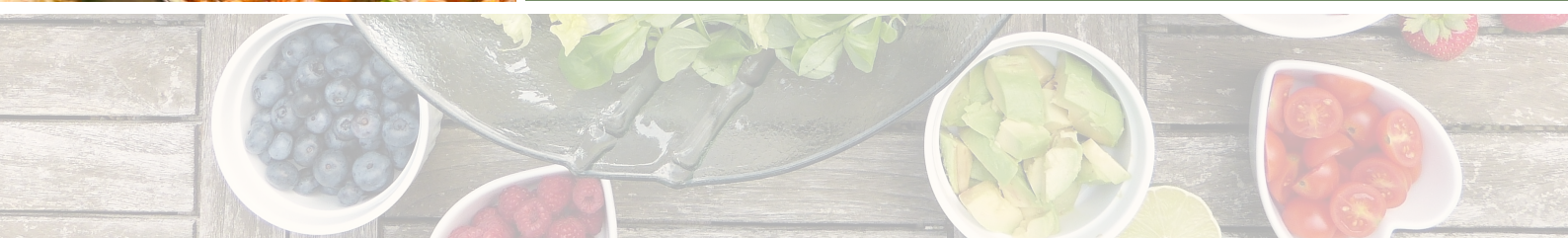
OATS



- Mix into mince or have a complete bean or lentil bolognese or taco filling
- Serve as a side component to meats with simple garlic and seasoning
- Homemade burger patties
- Curries and south Asian cuisine
- Soups

LEGUMES

Legumes will give you an abundance of nutrition as well as keep you feeling full and nourished. High fibre with your B vitamins, magnesium, and iron as well as some zinc and calcium. They also will give you a reasonable amount of protein per serve. To increase their nutritional value, soak all dried legumes for 24 hours and discard the old water before cooking with them.





MEAT

Meat will bring you a high density of iron, b12, B6, zinc and protein. Depending on the quality of meat and raising of the animals you may also find beneficial amounts of vitamin D and omega 3. Red meats are an easy way to get in iron and zinc as the form will absorb much easier than plant-based iron. Kangaroo meat is a great addition to those who find themselves stuffing with iron-deficient anaemia. Adding a tomato-based ingredient with red meat will always enhance iron absorption due to the relationship between iron and vitamin C.

- Bolognese
- Burrito bowls
- Steak
- Stews/curries

Something heavy to add to dinner, help those feelings of satiety and satisfaction. Sweet potato is a wonderful source of fibre and antioxidants bringing with it beta-carotene and iron. With these key nutrients, favourable health status can be achieved by promoting healthy ovulation, controlled blood sugar and reduction in inflammation.

- Mashed
- Air fried
- Soups
- Baked
- Healthy desserts

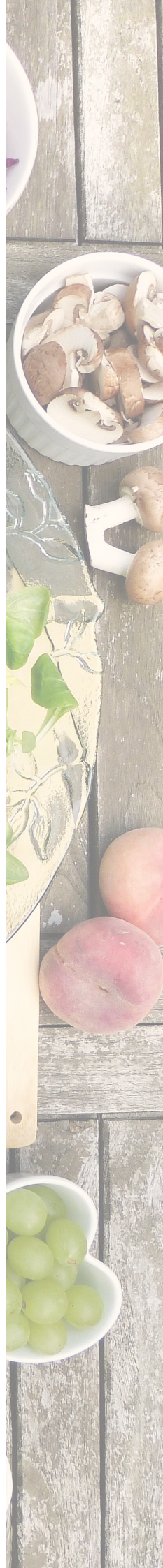
SWEET POTATO



Folate, folate, folate! Folate is derived from the Latin word folia meaning leaf. Folate is essential for DNA health, egg division and many processes of conception and early pregnancy. You will also get other B vitamins, magnesium, calcium and iron from leafy greens like spinach, kale, rocket, silverbeet, Chinese broccoli and other forms of broccoli. Antioxidants are in coloured fruit and vegetables too, which have an array of health benefits

LEAFY GREENS

- Mix into frittatas
- In smoothies
- Broths and soups
- As a side with simple seasoning, olive oil, salt, garlic
- Traditional or complex salads





Fibre supplements are a great way to assist in bowel health and clearing our excess toxins/waste and hormones from the digestive tract. Not only that, they serve as substrates (food) for our gut microbiome which goes on to impact nearly every system in the body. A healthy gut microbiome will also influence a healthy vaginal microbiome and cervical fluid. On the other end of pregnancy, a good microbial foundation sets up positive epigenetic DNA expression in the developing infant. Add 1-2 tsp to your daily smoothie or sprinkle on your breakfast.

- Psyllium husk
- Flaxseed meal
- LSA
- Slippery elm bark powder
- Inulin

FIBRE SUPPLEMENTS

NUTS & SEEDS

An alternative source of key nutrients – protein, omega 3, zinc, calcium, phosphorus, magnesium. They provide fibre and phytosterols to support cardiovascular health.

- Nut butter
- Chia seed puddings
- Nut cheese
- Homemade trail mix
- No bake nut slices
- In smoothies

BROWN RICE & QUINOA

- Add to salads
- Breakfast puddings
- Curries and Asian cuisine
- Add to Mexican burrito bowls

Have these types of food replace simple white rice. They come with extra nutrition and a higher fibre and protein content to avoid spiking blood sugar. If the texture and taste are difficult at first, try blending them with white rice at the start.



SALMON

- Baked, grilled, or air-fried salmon
- Salad protein
- Pasta dishes
- Salmon patties

A great source of protein and abundant omega 3 fatty acids. Not only are omega 3 needed for the neurological development of a child but the therapeutic application of omega 3 fatty acids as EPA/DHA have been studied to promote ovulation and fertility in patients with PCOS and improving IVF outcomes. Sardines are an additional source of omega 3 and protein, plus if consuming with bones you will get magnesium, vitamin D and calcium!

