

Fertility Action Plan and Fertility Foods

Avoid trans fats. These artery-clogging fats threaten fertility as well harm the heart and blood vessels. Go trans free.

Use more unsaturated vegetable oils. Monounsaturated and polyunsaturated fats help improve the body's sensitivity to insulin and cool inflammation, two trends that are good for fertility. Add in more vegetable oils, nuts, seeds, and cold water fish such as salmon and sardines. Cut back on saturated fat.

Choose slow carbs, not no carbs. Choosing slowly digested carbohydrates that are rich in fiber, like whole grains, vegetables, whole fruits, and beans, instead of rapidly digested carbs can improve fertility by controlling blood sugar and insulin levels.

Get plenty of iron from plants. Extra iron from plants, including whole-grain cereals, spinach, beans, pumpkin, tomatoes, and beets, appears to promote fertility.

Drink to your health. The best beverage for keeping your body hydrated is water. Coffee, tea, and alcohol are okay in moderation. But skip sugared sodas—they appear to promote ovulatory infertility.

Head toward the fertility zone for weight. Weighing too much or too little can interrupt normal menstrual cycles, throw off ovulation or stop it altogether. The best range for fertility is a body-mass index (BMI) of 20 to 24. Working to move your BMI in that direction by gaining or losing some weight is almost as good.

Move to the fertility zone for activity. If you don't get much physical activity and are above the fertility zone for weight, daily exercise can help improve fertility. But don't overdo it: too much exercise, especially if you are quite lean, can interfere with ovulation.

1. Bell Peppers

-One bell pepper provides the daily 100% amount of Vitamin C recommended.

-Vitamin C can help trigger the ovulation for women, Supports healthy sperm motility and count for men. Is an immune-boosting **vitamin** and promotes iron absorption and progesterone production. For women who have luteal phase defect, an issue characterized by insufficient progesterone, increased **C** appears to promote **fertility**.

- Vitamin C: also high in Oranges, strawberries and kiwis.



Fertility Action Plan and Fertility Foods

2. Plant – Based Protein

- Tofu
- Lentils
- Chickpeas
- Quinoa
- Peanuts
- Edamame Beans
- Tempeh
- Chia Seeds
- Potatoes
- Protein Rich Vegetables; Broccoli, Kale
- Hemp Seeds



- Plant based proteins are highly recommended for those who are trying to conceive.

3. Eggs

- Contains nutrient choline especially in the yolk.
- Daily recommendation of choline is important for fetal growth, and development
- Choline is part of the 8 B complex Vitamins is essential for women trying to conceive, support a healthy pregnancy.



- B complex vitamins—thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, pantothenic acid, and biotin—and choline. These water-soluble nutrients fall into two categories: those involved in the reactions of intermediary metabolism related to energy production and redox status and those involved in the transfer of single-carbon units.
- Thiamin, riboflavin, niacin, vitamin B₆, and pantothenic acid are required for decarboxylation, transamination, acylation, oxidation, and reduction of substrates that ultimately are used for energy utilization. One or more of these also are important for amino acid, fatty acid, cholesterol, steroid, and glucose synthesis.
- Biotin is required for carbon dioxide fixation by four carboxylases. Folate, vitamin B₁₂, choline, and riboflavin are needed for methyl-group transfer. Their metabolism intermingles at the pathway for conversion of homocysteine to methionine. Folate is also important for the supply of single-carbon units for deoxyribonucleic acid (DNA) synthesis.

Fertility Action Plan and Fertility Foods

4. Salmon

- Seafood at least twice a week is important for new moms in the making.
- Fish, salmon provide the essential fatty acids and heart healthy omega 3 acids.
- Incorporating salmon in your diet benefits the health of your baby, healthy fats support development during a pregnancy.



- In another NIH study, a link between a woman's reproductive lifespan and dietary **omega-3 fatty acids** was found. It was determined that a lifelong consumption of a diet rich in **omega-3s** could increase the egg quality and the health of the ovarian reserve of mothers of advanced age.

5. Beans

Turn to vegetable protein. Replacing a serving of meat each day with beans, peas, soybeans or tofu, or nuts can improve fertility.

- Beans provide folic acid, which reduces the baby's risk of neural tube defects. It's important to have adequate folic acid (see section 3 above) before becoming pregnant
- Prenatal Vitamins do contain B- Vitamin but eating beans, other foods that contain folic acid such as whole grain, nuts, and citrus fruits are more ways to consume important nutrients.



6. Walnuts

- Walnuts are a great way of getting your omega-3 fats.
- Walnuts intake at least 75 grams to improve sperm vitality, motility, and morphology in men.



7. Milk

- Whole milk contains more calories, saturated fat, and be consumed in moderation
- Both female and male can enjoy a combination of whole, low-fat milk and dairy products.
- Low fat dairy is associated with increasing sperm concentration, motility in men.

- A study by Chavarro and Rosner found that women who drank 3 or more glasses of **whole milk** a day were 70% less likely to be infertile due to failed ovulation.



8. Tomatoes

Fertility Action Plan and Fertility Foods

- Tomatoes are filled with lycopene. Canned tomatoes have a higher lycopene compared to fresh ones, but higher salt content.

-Tossing fresh tomatoes over a salad in season or using canned tomatoes (BPA- free) during off season

-Tomatoes have antioxidant activity that can assist with sperm motility, reducing the free radicals in the body that can cause any damage to reproduction with males.



- **Lycopene** - a nutrient found in tomatoes - may boost sperm quality, a study has suggested. Healthy men who took the equivalent of two tablespoons of (concentrated) tomato puree a day as a supplement were found to have better quality sperm.

9. Yogurt

-Provides numerous nutrients beneficial for fertility

-One cup of nonfat or low-fat plain yogurt provide 15% of the daily recommended amount of zinc

- The mother's gut influences the baby's microbiome. Yogurts may serve as probiotics that may help maintain a healthy gut for moms.

-Zinc deficiencies have negative effects on fertility for both men and women.

- **Zinc** also supports **fertility** by regulating normal hormone function, cell division and ovulation. As our bodies don't store **zinc** so it is important women wanting to become pregnant receive the recommended daily allowance of 8mg.



10. Berries

-All berries such as; blueberries, strawberries, and blackberries are a great addition to any diet.

-One group of berries over another supports a high diet in antioxidants to help the body get rid of free radicals that can disrupt reproduction.

- Women who consume three or more fruits a day, become pregnant quicker than those who consumed less fruit and relied on fast foods.

