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Trying to conceive? What you eat can play a big role in your fertility journey. This guide offers a simple "Dos and Don'ts" list to help you fuel your body for a healthy pregnancy.

## DO s

- Eat a Rainbow:** Fill your plate with a variety of colorful fruits and vegetables. They provide essential vitamins, minerals, and antioxidants that support reproductive health.
- Choose Whole Grains:** Opt for brown rice, quinoa, oats, and whole-wheat bread over refined grains. They offer sustained energy and regulate blood sugar levels.
- Healthy Fats are Friends:** Include healthy fats from sources like nuts and seeds in your diet. These fats are crucial for hormone production and egg health.
- Include Protein Power:** Incorporate protein sources like fish, chicken, beans, and lentils into your meals. Protein is necessary for building and repairing tissues, including those involved in reproduction.
- Don't Forget Folic Acid:** Take a folic acid supplement (Discuss dosage with your doctor). It helps prevent birth defects in the developing baby.
- Stay Hydrated:** Drink plenty of water throughout the day. Water is essential for overall health and helps transport nutrients throughout the body.
- Cook More at Home:** This allows you to control the ingredients and portion sizes.
- Read Food Labels:** Be mindful of added sugars, sodium, and unhealthy fats in packaged foods.
- Don't Forget Milk (in Moderation):** Choose low-fat dairy options like yogurt and milk. They provide essential calcium and vitamin D, both beneficial for reproductive health.

## DONT s

- Don't Overdo Processed Foods:** Limit processed foods, sugary drinks, and unhealthy fats like trans fats found in fried foods and packaged snacks. These can contribute to inflammation and hormonal imbalances.
- Avoid Excessive Caffeine and Alcohol:** While occasional moderate intake might be okay, it's best to limit caffeine and alcohol consumption. They can interfere with ovulation and sperm health.
- Don't do Crash Dieting or Overeating:** Maintain a healthy weight by eating a balanced diet. Crash diets and overeating can disrupt hormones and affect fertility.
- Don't Stress Over Every Bite:** Enjoy a variety of foods! Focus on making healthy choices most of the time, but don't stress about occasional indulgences.
- Cruciferous Vegetables in Moderation:** Vegetables like broccoli and cauliflower are great, but consume them in moderation. Large quantities may interfere with thyroid function, important for hormone regulation.
- Skip the Artificial Sweeteners:** Diet sodas and artificially sweetened drinks may disrupt blood sugar levels and potentially harm sperm health. Opt for water or natural sweeteners like honey or dates.
- Beware of Hidden Sugars:** Added sugars are sneaky! Read labels carefully and limit sugary treats, pastries, and processed foods.
- Manage Stressful Eating:** Chronic stress can wreak havoc on your hormones. Find healthy ways to manage stress, like yoga or meditation, to support your fertility journey.
- Don't Skip Sleep:** Aim for 7-8 hours of quality sleep each night. Sleep deprivation can disrupt hormones like leptin and ghrelin, which play a role in appetite regulation and can impact ovulation.
- Don't Forget Portion Control:** Even healthy foods can be detrimental if consumed in excess. Practice mindful eating and focus on feeling satisfied, not stuffed.
- Don't Compare Yourself to Others:** Everyone's fertility journey is unique. Focus on making healthy changes that work for you and avoid comparing your diet or progress to others.

**Remember, consistency is key! Focus on incorporating these Dos and Don'ts into your overall dietary pattern for optimal results.**