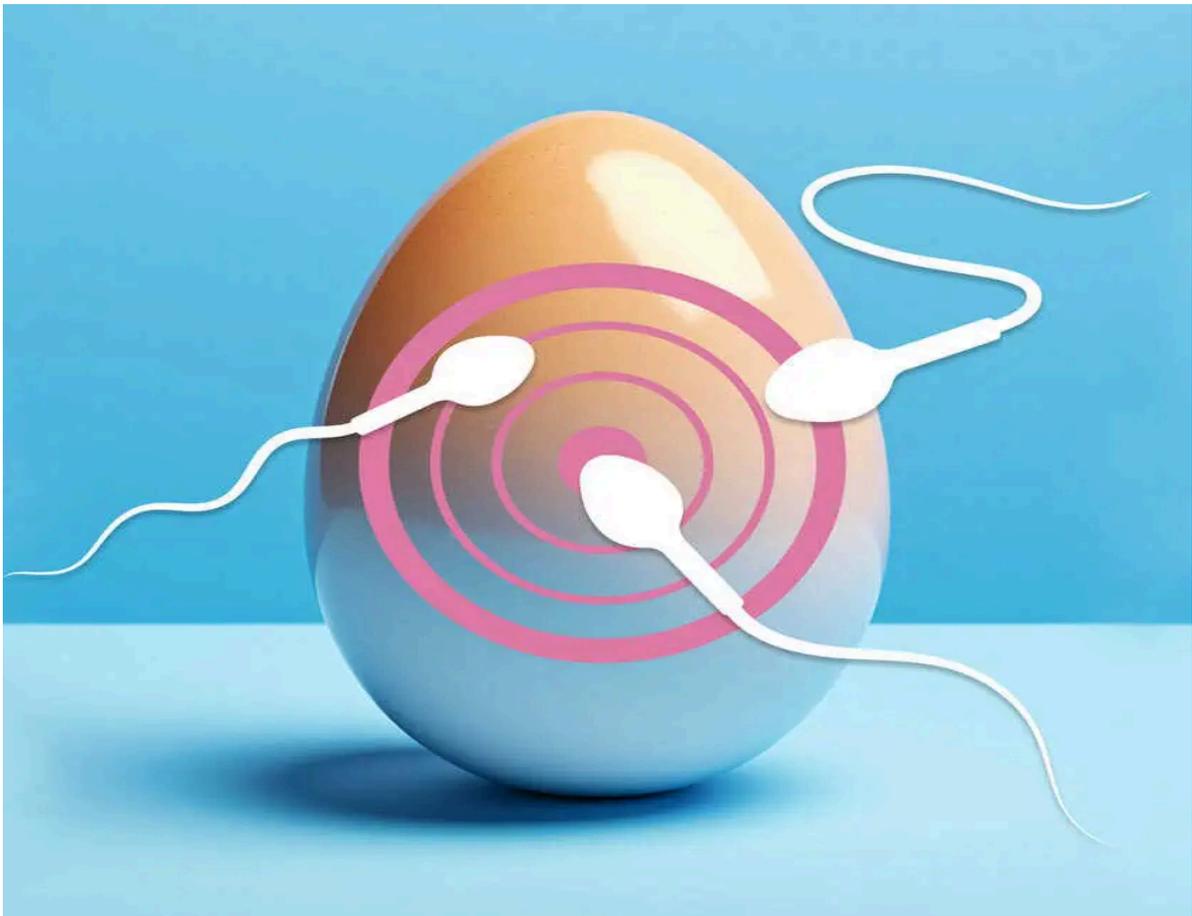


FOODS TO IMPROVE EGG QUALITY

Your eggs are tiny, precious cells, quietly waiting to be nourished. Each bite you take, each habit you nurture, is a gentle act of support. It's not about doing everything perfectly, it's about trusting your body and taking one intentional step at a time.



The good news? You have more power than you think to improve your egg health, starting today. This gentle guide helps you understand how small, consistent choices can nurture your eggs from within. It's not about being perfect—it's about creating a space where your body feels supported, balanced, and ready.

Why Healthy Eggs Matter

Healthy eggs are like strong seeds – they're more likely to:

- Be successfully fertilized.
- Grow into a healthy baby.
- Have the right genetic makeup.

So, let's look at how to give your eggs the best chance.

The Superfoods for Super Eggs: What to Eat & Why

Imagine your plate as a canvas. We want to fill it with vibrant colors from whole, natural foods. Here's what to focus on:

1. Antioxidants: Your Egg's Protectors

- **Think of it like:** A shield for your eggs. Our bodies are constantly exposed to things that can damage cells (like pollution or stress). Antioxidants fight off this damage, keeping your egg cells strong and healthy.

What to eat & How much:

- **Colorful Fruits & Veggies:** Aim for at least **5–7 servings a day** — that's **140g cooked vegetables per serving**. This means a mix of colours!
- **Vitamin C heroes:** Amla (50g - size of a small lime), oranges (80g - one small orange), lemons (50g - ½ medium lemon), bell peppers (capsicum – 70g or ½ cup), guava (80g - one small). Have **one of these fruits daily**.

- **Bright & Deeply Coloured:** Carrots, sweet potatoes (shakarkandi), spinach (palak), kale, fenugreek leaves (methi), tomatoes. Add **140g cooked portions** to your main meals.
- **Nuts & Seeds:** A small handful daily = **3 almonds, 5 pistachios, 2 walnut halves, and 1–2 Brazil nuts.**

Omega-3 Fatty Acids: The Inflammation Fighters

- **Think of it like:** A soothing balm for your body. Omega-3s reduce swelling and inflammation, which can otherwise harm your egg quality. They also help with blood flow to your ovaries, making sure your eggs get all the nutrients they need.

What to eat & How much:

- **Fatty Fish:** Choose smaller, safer fish like Sardines (Mathi), Anchovies (Nethili), or Salmon to support egg health. **Stick to 80g cooked per portion (about the size of your palm).** These fish are rich in omega-3s that promote hormone balance and improve egg quality, while being low in mercury and safe for regular intake.
- **Plant-based Power:** If you're vegetarian, don't worry! Add 1-2 teaspoons of ground flaxseeds or chia seeds to your breakfast cereal, smoothie, or yogurt. A handful of walnuts daily is also great.

Folate (Vitamin B9): For Healthy DNA

- **Think of it like:** The architect for your egg's DNA. Folate is crucial for building and repairing the genetic material inside

your egg, making sure it's perfect and healthy. This is incredibly important for preventing certain birth defects too.

What to eat & How much:

Aim for foods naturally rich in folate daily.

- **Leafy Greens:** Spinach (Palak), Fenugreek leaves (Methi), Kale, Broccoli, Asparagus. Try to have at least 1-2 cups (cooked) daily.
- **Lentils & Beans:** Dals (like masoor, moong, toor), chickpeas (chana), kidney beans (rajma). Add **a bowl (150–180g cooked)** to your daily meal.

4. Coenzyme Q10 (CoQ10): Your Egg's Energy Booster

- **Think of it like:** The battery charger for your egg. Eggs need a lot of energy to grow and mature, and CoQ10 helps produce this energy. As we get older, our natural CoQ10 levels drop.

What to eat & How much:

While food sources offer small amounts of CoQ10 —

- ✓ Organ meats (like liver),
- ✓ Fatty fish (like salmon, sardines),
- ✓ Spinach or cauliflower (about 140–150g cooked),

If you're including gravies with organ meats or fish, aim for 140–150g of total curry, with the actual meat portion being 80–90g cooked.

5. Lean Proteins: The Building Blocks

- **Think of it like:** The bricks and mortar for your egg cells and hormones. Protein helps build everything your body needs, including healthy eggs and balanced hormones.

What to eat & How much:

- **Non-vegetarian:** Chicken, fish, eggs – **100g per serving**, or **1 egg**.
- **Vegetarian:** Lentils (dals), beans (rajma, lobia), chickpeas (chana), paneer, tofu, tempeh, quinoa, and nuts. A bowl of dal (150g cooked), a serving of paneer curry (100g), or an egg for breakfast works wonders.

6. Fiber: For Hormonal Harmony

- **Think of it like:** A clean-up crew for your hormones. Fiber helps keep your blood sugar steady, which is key for balanced hormones. It also helps your body get rid of excess hormones that you don't need, creating a healthier environment for your eggs.

What to eat & How much:

Aim for 25-30 grams of fiber daily.

- **Whole Grains:** Swap white rice for brown rice, and white bread for whole wheat roti or multigrain bread. Include millets like Ragi, Bajra, Jowar.

- **Lots of Fruits & Veggies:** Fruits & Veggies: Eat fruits with skin where edible , 50–80g fruits like small apple, pear, guava, and 140g cooked vegetables in meals.
- **Legumes:** – 1 medium bowl (100g cooked).

7. Vitamin D: The Sunshine Vitamin

- **Think of it like:** A conductor for your hormones and egg development. Vitamin D is vital for overall fertility, including hormone production. Many people in India are surprisingly low on Vitamin D despite the sun.

What to eat & How much:

- Fatty fish, egg yolks, and fortified milk/plant milk.
- **Actionable Tip:** Get your Vitamin D levels checked by a doctor. You might need a supplement, even if you spend time in the sun.

Foods to Limit or Avoid: What to Go Easy On

Just as important as what you eat, is what you avoid. These foods can create an unhealthy environment for your eggs.

Processed Foods & Refined Sugars:

- **Why avoid:** They cause quick spikes in your blood sugar, which messes with your hormones and can damage eggs.
- **What to cut down:** Packaged snacks like chips, namkeens, biscuits, sugary drinks (cola, packaged fruit juices), white bread, cakes, pastries, and excessive sweets.

Trans Fats & Too Much Saturated Fat:

- **Why avoid:** These fats cause inflammation in your body.
- **What to cut down:** Deep-fried foods like samosas, pakoras, puris, bhaturas, and anything that lists "partially hydrogenated oil" on the label.

High-Mercury Fish:

- **Why avoid:** Mercury from high-mercury fish can accumulate in the body and disrupt hormonal balance, which is essential for healthy ovulation and egg development. Long-term exposure may damage the DNA within eggs, affecting their quality and the chances of fertilization. That's why limiting mercury exposure is important when trying to conceive.
- **What to avoid:** Shark, Swordfish, King Mackerel, Tilefish. Stick to smaller, safer fish.

Excessive Caffeine & Alcohol:

- **Why limit:** Too much caffeine (more than two small cups of tea/coffee a day) might affect fertility. Alcohol can throw your hormones off balance.
- **Actionable Tip:** Limit your caffeine to less than two cups daily. Consider avoiding alcohol entirely when you're trying to conceive.

Hydration: Don't Forget Your Water!

- **Think of it like:** Watering your garden. Water is essential for carrying nutrients, flushing out toxins, and helping your eggs mature properly.
- **How much:** Aim for 2-3 liters (8-12 glasses) of filtered water throughout the day. Say no to sugary drinks.

Beyond Food: Lifestyle Habits for Fertility

Diet is a huge part, but these habits make a big difference too:

- **Manage Stress:** Stress can mess with your hormones. Try yoga, meditation, deep breathing exercises, or simply spending time in nature (like a walk in a park).
- **Get Enough Sleep:** Aim for 7-9 hours of quality sleep every night. Your body repairs and balances hormones while you sleep.
- **Move Your Body:** Moderate exercise improves blood flow to your reproductive organs. Think brisk walking, cycling, or light aerobics. Don't overdo it, as extreme exercise can sometimes be counterproductive.
- **Avoid Harmful Chemicals:** Try to limit exposure to plastics (like using glass containers instead), pesticides (wash fruits/veg thoroughly, consider organic if possible), and harsh cleaning products.

Important Disclaimer: Talk to Your Doctor

*This guide provides helpful information, but it's not a substitute for professional medical advice. **Always talk to your doctor, a fertility specialist, or a registered dietitian** before making big changes to your diet or taking supplements, especially if you have existing health conditions or are undergoing fertility treatments. They can give you personalized advice.*

Your eggs take about 90 days (3 months) to fully mature. This means by making consistent changes to your diet and lifestyle now, you're preparing a healthier environment for the eggs that will be ready in a few months. It's an investment in your future fertility—and if you need more personalized guidance, we're here to support you. You can join our **Fertilias Holistic Health Program** for expert support, tailored plans, and compassionate care every step of the way.

Our Holistic Fertility Health Program's Pregnancy Positives

Good morning mam ❤️❤️ 04:20

Mam it's positive. 06:19

sted this morning and got 2 😍 Edited 04:23

Thank you mam. You and your team have been incredibly wonderful. My husband and I are still in surprise and couldn't believe that we are pregnant. ❤️❤️ 17:11

Beyond that, it's nice to see people who don't push us to conceive, but insist on good health and lifestyle.

It's rare to see a doctor like this. Great going mam. We actually got the right guidance from the right kind of people ❤️ 17:13

I really feel grateful for joining the holistic health program. The customised diet plan and workouts helped me a lot in reducing weight and improving my fertility. Regular monitoring of my period cycle and ovulation period was very helpful for me. After joining the program, I became more aware of all the things that would affect my fertility. Finally I got positive pregnancy test results!!

We have joined Dr. Suganya mam's holistic fertility health program on Feb 2025. From very first consultation she made us feel very comfortable and gave incredible support and guidance throughout the program. She had reviewed our reports and understood our health concerns then she gave personalized approach which helped us to get conceived within 1 month of joining the program.

Want to get pregnant naturally in just 3 months?

Join our Holistic Fertility Health Program Today

Get Pregnant Naturally in just 3 months with Fertia's

DOCTOR LED FERTILITY PROGRAM

-by Dr. Suganya Venkat

We take care of your,

- Nutrition
- Knowledge & Mindset
- Mindfulness
- Sleep Management
- Workouts

Whatsapp us now to talk to a Fertia expert

@9940270499

Join Fertia's Whatsapp Community

Also Contact Us Through

 [fertia.health](https://www.instagram.com/fertia.health)

 [+91 99402 70499](tel:+919940270499)

 www.fertia.in