



NUTRITION FOR FERTILITY: WHAT TO EAT FOR SUCCESS

A diet that delivers

Fertility is affected by many factors. Surprisingly, your diet is one of them. What you eat can and does play a huge role in your chances of conceiving. It is imperative to understand that the food you consume affects everything from hormone regulation to the health of your eggs and sperm. So, if you're hoping to boost fertility, it's essential to focus on a nutrient-rich diet that supports reproductive health. Take a look at some key foods that can help affect your fertility positively.

Leafy Greens and Veggies

High on folate, leafy greens like spinach, kale and broccoli are ideal for boosting fertility. Folate helps regulate ovulation and ensures a healthy environment for egg development. It's also crucial for the early stages of pregnancy. So, make sure to eat a lot of greens as they're full of antioxidants, vitamins and minerals that support overall reproductive health.

Healthy Fats

Difficult to believe but is actually true that not all fats are bad! Healthy fats, like those found in avocados, nuts, seeds and olive oil can help balance hormone levels, improve egg quality and support overall fertility. Omega-3 fatty acids, found in fatty fish like salmon, substantially help improve blood flow to the reproductive organs.

Whole Grains

Whole grains such as quinoa, brown rice and oats are a great source of complex carbohydrates, which help keep blood sugar levels stable. This is crucial for hormonal balance, as spikes in insulin can disrupt ovulation. Whole grains also provide fibre, which helps detoxify the body and supports healthy digestion.



Lean Protein

The merits of lean protein cannot be overemphasised. Protein is essential for tissue repair and hormone production which affects fertility. Food like chicken, beans and legumes are ideal. Plant-based proteins are especially beneficial as they have a lower impact on inflammation.

Fruits for Antioxidants

Fruits like berries, citrus fruits and other colourful fruits are loaded with antioxidants that protect your eggs and sperm from oxidative stress. Vitamin C is particularly helpful for increasing progesterone levels and supporting a healthy uterine lining, which is necessary for implantation.

Hydration

While technically not a food, drinking lots of water is very important. Dehydration can affect cervical mucus, which helps the sperm reach the egg. You should drink plenty of water throughout the day to promote overall fertility health.

A balanced diet full of nutrient-rich foods is key to fertility. You should aim to combine these foods with a healthy lifestyle to maximise your fertility. All the best.