



DIET TO IMPROVE FERTILITY

To boost fertility, adopt a well-rounded diet that supports reproductive health. Focus on a variety of nutrient-dense foods, including fruits, vegetables, whole grains, and lean proteins. Ensure an adequate intake of folate from sources like leafy greens and legumes, which is crucial for early fetal development. Incorporate iron-rich foods such as lean meats and beans to prevent anemia, which can impact fertility. Include sources of omega-3 fatty acids, found in fatty fish like salmon or chia seeds, to support hormonal balance.

Maintain a healthy weight, as both obesity and being underweight can affect fertility. Consume complex carbohydrates to regulate blood sugar levels and avoid refined sugars. Choose plant-based proteins, like beans and lentils, as they can positively influence fertility. Stay hydrated with water, limiting sugary beverages.

Consider including fertility-boosting foods rich in antioxidants, such as berries and nuts. Moderate caffeine intake and limit alcohol consumption, as excessive amounts can adversely affect fertility.

Consult with a healthcare professional or a registered dietitian to tailor dietary recommendations to your specific needs and address any underlying concerns affecting fertility.