

Fuel for Fertility

For optimal fertility, it is important to consume a diet high in nutritious, whole foods.

I highly recommend an anti-inflammatory way of eating, and if you have any autoimmune issues to try an autoimmune diet. Additionally, try to follow Glucose Goddess' recommended order of eating to keep glucose and insulin in its ranges for optimizing fertility. Fiber, protein, then carbs - eat your salad and veggie sides first! Foods like nuts, seeds, and avocado are all excellent sources of healthy fats that help keep you full and satisfied.

- Choose from mostly plant based, unprocessed and whole - meaning as they come from the earth. Colorful dishes ranging from colors of the rainbow on your plate.
- When cooking: sauté or steam, using non seed oils such as extra virgin olive oil, avocado oil, coconut oil and butter/ghee. Avoid all inflammatory seed oils (corn, soy, peanuts, canola, vegetable oils)
- Choose local and organic when possible, choose colorful vegetables and lots of green leafy veggies.
- Choose Fertility enhancing foods such as blue and blackberries, avocado, black rice, black beans (high in fiber), black sesame seeds, black rice, bone broth and plenty of good fats and proteins, walnuts, hemp seeds

Breakfast

Break your fast when hungry, with a combination veggies/fiber, protein, fat and whole carbs (preferable eaten in that order to help prevent glucose spikes).

Examples:

- Eggs cooked with veggies and a side of beans
- oatmeal mixed with nut butter and berries
- savory leftovers from dinner

Snacks

When snacking choose to pair protein, fiber, and fat to stay satiated between meals.

Examples:

- Nuts with cheese
- Prosciutto with berries or melon
- Apple slices with nut butter
- Popped seasoned chickpeas (baked or made in the air fryer!)

Lunch and Dinner

Eat when hungry, pay attention to your body's cues hunger and fullness cues

Each meal should include: 2-4 servings of vegetables, eat the rainbow and make sure to incorporate, raw, steamed, sauteed - as well as fermented vegetables. Include complex carbohydrates like beans/legumes (extra fiber!), as well as rice and other whole grains.

Choose lean animal protein from trusted sources. Wild caught fish or sea food such as sardines. Free range poultry and eggs, grass fed meats

Supplements

You can further support your fertility with high quality supplements.

- D3/K2 for pre conception, low sperm, PCOS
- NAC to improve egg quality
- Omega-3's to support hormones
- Myo-Inositol to support ovarian function and balance blood sugar
- CoQ10 to support egg and sperm quality, enhance fertility, and pregnancy
- A reputable Multivitamin with folate