



Nutrition on a Fertility Journey

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Mediterranean Style Diet for Fertility

- **Lean meats**
- **Poultry, eggs**
- **Wholegrains, carbohydrates**
- **Dairy**
- **Oily fish**
- **Healthy fats - olive oil, seeds, nuts, olives, avocados**
- **Legumes, beans**
- **Vegetables and Fruit - colours in abundance**
- **Sunshine, outdoor lifestyle, vitamin D**

Mediterranean
Food Pyramid



Eat the Rainbow

- **Easy way for patients to remember**
- **Variety is key**
- **Weekly tick chart**
- **Gut microbiome - diversity, fibre**
- **30 plant foods a week challenge**



Eating Organically

- More nutrient rich
- No pesticides, herbicides and chemicals that can affect fertility
- Better for soils and minerals in the vegetables and fruit
- Taste better
- Peel or wash non organic vegetables and fruit

Clean 15 & Dirty Dozen lists:

PAN UK (Pesticide Action Network UK)

EWG (US)





- **2 litres of water a day**
- **Supplement absorption**
- **Cells need it - egg and sperm**
- **Detoxification**
- **Hormones**
- **Regular bowel movements**
- **Digestive system and gut health**

Foods & Drinks to Avoid

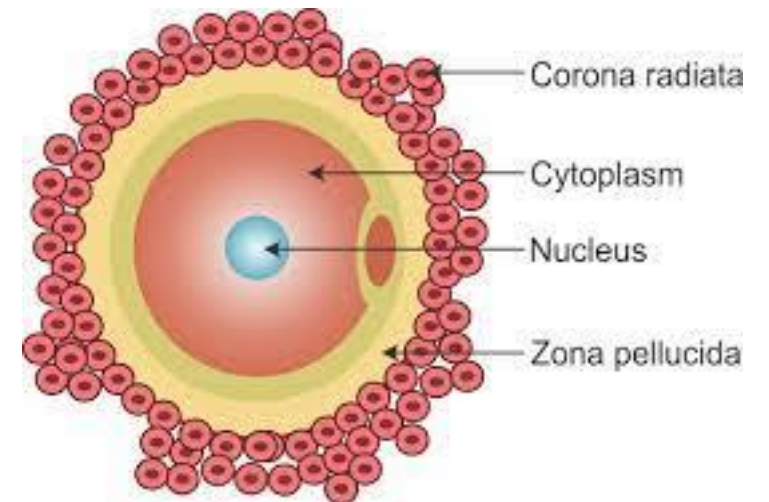
- **Sugar - inflammatory**
- **Unhealthy fats - trans or saturated fats**
- **Processed foods/ fried foods**
- **Cheese and Dairy***
- **Alcohol**
- **Caffeine**
- **Non-organic meat, too much red meat**
- **Too much fish - toxins, mercury**
- **Soy products**



Egg Quality

You can improve egg quality!!

- Melatonin rich foods: cherries, goji berries, kiwi fruit, pistachios
- Antioxidants: berries, vegetables, fruit
- Yellow fruit and vegetables / egg yolks - lutein
- Hydration
- Good quality protein



Supplements: CoQ10/Ubinquinol, NAC, L Carnitine, Vitamin D

Sperm Health & Quality

- **Lycopene - cooked tomatoes, watermelon**
- **DNA repairing - Watercress**
- **Omega 3 - healthy fats**
- **Vitamin C - bell peppers, citrus fruits, berries**
- **Zinc - mushrooms, pumpkin seeds, oysters**
- **Nuts - especially walnuts (they are key!) Brazil nuts, almonds, hazelnuts – FERTINUT study**

Supplements:

Vitamin C

Zinc

Lycopene

Vitamin D

Endometrial lining and Implantation

- **Pineapple**
- **Beetroot**
- **Pomegranate**
- **Vitamin e rich foods - avocado, almonds, sunflower seeds**
- **Omega 3 healthy fats**
- **Anti-inflammatory foods - ginger, turmeric, garlic, parsley**



PCOS

Endometriosis

Adenomyosis

Fibroids

Anti inflammatory foods

- **Berries**
- **Ginger**
- **Omega 3 - oily fish, seeds, nuts, avocados**
- **Cruciferous vegetables - broccoli, cauliflower, sprouts, kale**
- **Green tea - EGCG**
- **Quercetin rich foods - bell peppers, pears, grapes**
- **Turmeric**

Sleep & Stress

- **Good mood foods**
- **Calming foods - turkey, banana, oats**
- **Magnesium rich foods - mango, pumpkin seeds, almonds, dark chocolate**
- **Sleep inducing foods - goji berries, kiwi fruit, cherries, pistachio nuts**
- **Herbal teas - chamomile, lemon verbena, lemon balm***
- **Sleep hygiene**
- **Lifestyle - massages, walks, fertility yoga, reading, self care**



Important Nutrients for Fertility

Supplements: good quality fertility /prenatal multi vitamin for both partners

- **Protein - building blocks for fertility, consider vegans and vegetarians**
- **Vitamin D - probably want to supplement, want it around 75-100 nmol/L**
- **Folate / Folic Acid - supplementing**
- **Choline - eggs or supplement**
- **Omega 3 - supplement useful – blood thinning properties**
- **Vitamin E – supplement if thin lining**
- **Vitamin C – food or supplement**
- **Zinc – food first, high in a fertility multivitamin**



Thank you for listening...
Time for questions

[rcn.org.uk](https://www.rcn.org.uk)