



Guiding you on the path to creating fertile ground  
for your baby's first home and  
empowering women . . .one birth at a time

## **Fertility Nutrition Basics**

A **FREE** report presented by Life Cycles in Balance  
and  
Women's Integrative Health

**[womensintegrativehealthny.com](http://womensintegrativehealthny.com)**

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## **Suggested Foods**

### **Vegetables**

Broccoli  
Cabbage  
Cauliflower  
Spinach  
Dark green leafy lettuce  
Brussels sprouts  
Collards  
Bok choy  
Swiss chard  
Wheat grass  
Pumpkin  
Carrots  
Butternut squash  
Yams  
Sweet potatoes  
Bell peppers  
Artichoke hearts  
Asparagus  
Eggplant

### **Legumes/Bean**

Lentils  
Black  
Pinto  
Kidney  
Navy  
Lima  
Garbanzo  
Green beans  
Sugar snap peas  
Green peas

### **Fruits**

Blueberries  
Raspberries  
Strawberries  
Blackberries  
Boysenberries  
Cherries  
Plums  
Purple grapes  
Pomegranate  
Oranges  
Lemons  
Limes  
Grapefruit  
Tangerines  
Tomatoes  
Peaches  
Cantaloupe  
Apples  
Apricots

### **Protein**

Turkey  
Chicken  
Wild Salmon  
Alaskan halibut  
Albacore tuna  
Pasture-raised eggs  
Grass-fed beef

### **Fats**

Avocados  
Extra-virgin olive oil  
Coconut Oil  
Ghee  
Walnuts  
Almonds  
Peanuts  
Pecans  
Cashews  
Pistachios  
Brazil nuts

### **Seeds**

Sesame seeds  
Sunflower seeds  
Pumpkin seeds  
Flaxseed

### **Tea**

Green tea  
White tea  
Black tea  
Oolong Tea

### **Seasonings**

Red/White onion  
Garlic  
Ginger  
Cinnamon  
Parsley  
Rosemary  
Oregano  
Basil  
Chives  
Cilantro  
Dill  
Mint  
Citrus zest

## Fertility Diet Guidelines

The fertility diet consists of eating more of certain types of foods known to increase fertility, support the endocrine system and the reproductive organs, while avoiding those types of foods known to disrupt hormonal balance, impair ovulation, increase acidity in the body, and suppress the immune system.

How you eat before conception makes a world of difference both in your ability to conceive and in your ability to carry a healthy pregnancy to term.

Here are some fertility guidelines for both partners to improve quality of sperm and eggs.

1. Eat organic fruits and vegetables as often as possible in order to avoid harmful pesticides and herbicides. This is so important when making your food choices.
2. Eat organic dairy products that do not contain hormones or antibiotics. If you suffer from endometriosis or fibroids, you should avoid dairy products altogether because they naturally contain estrogen which stimulates their growth. If you have polycystic ovarian syndrome you should avoid dairy also.
3. Eat only lean red meat that is grass fed or organically grown. Conventionally grown cattle contain hormones, antibiotics and other contaminants that contribute to excess estrogen. Eat red meat only once or twice a week. Eat a very small amount, no more than 4 oz. at a time.
4. Eat only white meat like chicken that is free range or organically grown to avoid hormones and antibiotics which can disrupt your hormonal balance.
5. Eat fish that is fresh and comes from deep sea waters. Select fish like sole, tilapia, cod and salmon. Avoid farmed salmon, tuna, shark and sea food because they may contain high levels of heavy metals.
6. Eat plenty of legumes because they are high in fiber which helps regulate blood sugar reducing fertility issues associated with polycystic ovarian syndrome and contain a good source of protein.

7. Eat whole grains and avoid processed and refined white flour foods. Select pasta and breads made with spelt flour or kamut flour, brown rice, amaranth, millet, buckwheat, or quinoa. Avoid flours that are made with GMOs (genetically modified organisms)
8. Make sure your fertility diet is high in fiber because it helps the body eliminate excess estrogen. Also, it lowers your blood glucose.
9. Do not eat soy products unless they are the fermented type like miso or tempeh. Soy has an estrogenic effect and it is not indicated if you are trying to conceive but most importantly, you should avoid it during pregnancy and lactation.
10. Avoid drinking soy beverages. Select brown rice beverages instead.
11. Drink fresh juices. Learn how to juice your own fruits and vegetables. You will greatly increase your chances of getting pregnant because they have lots enzymes, minerals and vitamins.
12. Avoid commercial fruit juices because the pasteurization process destroys vitamins, minerals and enzymes.
13. Avoid refined sugars. Choose natural sweeteners like maple syrup, honey, stevia or agave nectar.
14. Drink lots of water – 6 – 8 glasses a day. Avoid drinking tap water at all costs because it can contain harmful chemicals. It is a good idea to invest in a filtration system and only drink filtered water. Avoid bottled water because the plastic can be harmful to your health.
15. Include essential fatty acids into your diet. Make sure you eat plenty of omega 3, 6 and 9 essential fatty acids. Select healthy vegetable oils like flaxseed oil, oil of olive, hemp oil and coconut oil.
16. Give up smoking, drinking alcohol and coffee.

## Fertility Diet Before Ovulation

Your body is attempting to do different things at different times during your monthly cycle. It needs specific nutritional support before ovulation for the development of healthy follicles, which much contain the healthiest eggs and be capable to maturing the most perfect egg to be released.

During this time you should increase your body needs for proteins and foods containing vitamin E, vitamin C and antioxidants.

Make sure to eat plenty of the following foods as they should be integral part of your fertility diet.

1. Cold pressed oil of olive, sesame oil and flaxseed oil.
2. Organic meat (absolutely avoid any meat that has been fed synthetic estrogen at this time as it can delay ovulation.
3. Lots of organic legumes like lentils, cheek peas, black eyed bean, etc.
4. Lots of leafy green vegetables like kale, spinach, broccoli, containing B vitamins important for egg release.
5. Avocadoes are high in essential fatty acids.
6. Sweet potatoes.
7. Raw nuts and seeds that are high in healthy fats and minerals.
8. Whole grains like spelt and kamut.
9. Eat lots of organically grown fruits if you can find them (strawberries, cherries, mangoes, citrus fruits, etc.)

10. Eat deep fish that has been wild caught (salmon, cod, sole, tilapia, sardines, etc.)

### **Fertility Diet During Ovulation**

Many women know when they are about to ovulate. If you are charting your cycle, you will know approximately when you ovulate each month. This is the time to eat more foods that support healthy ovulation.

Eat Royal jelly; take Maca and green super foods in order to make healthy eggs.

Remember that you also need to have lots of fertile mucus at this time so you should eat foods like Evening Primrose Oil and drink lots of water.

### **Fertility Diet After Ovulation**

If your egg was released by your ovary and successfully fertilized, the embryo has the difficult task of implantation during this time of your cycle.

It is recommended to eat pineapple as it contains bromaline, an enzyme that promotes implantation to take place. During this time you should avoid drinking icy cold beverages and cold raw foods. Cold foods deprive your body heat that is necessary to nourish your uterus.

Your body needs foods that increase vital energy. Eat soups that are prepared with lots of legumes and vegetables at each meal.

Make sure your food is also properly cooked in case you are pregnant to avoid food poisoning.

Do not eat refined carbohydrates, sugars and processed foods. Avoid drinking tap water, and make sure to drink purified water or spring water from a reliable source.

Not only do you need to drink the correct quantity of water each day, but also the best quality. Water is important to help you make fertile mucus to support the sperm fluids and for the maintenance of healthy blood ph. All important metabolic reactions occur in the presence of water; in fact your body is made 70% of water.

The amount of water you need is calculated as follows:

Take your weight in pounds and divide by two. This should be the equivalent in ounces of water you need to drink each day.



## Top 10 Foods for Natural Fertility

These foods are chosen because they are dense with the particular nutrients that bring about natural fertility.

### **Eggs:** *Vitamin D, B12, Protein*

Eggs which are farm fresh and have deep orange/yellow yolks are what you are looking for. They may cost more but they are worth the extra cost because they provide much more nutrients and are cleaner than factory or farmed eggs.

### **Nuts and Seeds:** *Omega 3, Zinc, Vitamin E, Protein*

Nuts and seeds in their raw form are best. Essential fatty acids and zinc are sensitive to heat and can be destroyed if cooked.

Best seeds and nuts for omega 3 are:

- Walnuts – ¼ cup
- Flax seeds – 2 tbs
- Hemp seeds – 3 tbs
- Chia seeds – 1 tbs

Best seeds and nuts for zinc are:

- Pumpkin – ¼ cup
- Sesame – ¼ cup

Best seeds and nuts for vitamin E are:

- Sunflower seeds – ¼ cup
- Almonds – ¼ cup

Best seeds and nuts for iron are:

- Pumpkin seeds – ¼ cup
- Sesame seeds – ¼ cup



### **Grass-fed meats:** *Omega 3, Iron, B12, Protein*

Grass-fed meats come from animals which have grazed in grass pastures and eaten fresh grass for most of their life. Therefore, the meat has less fat and a little stronger taste than corn fed meats.

It also provides a lot more nutrients and the essential fatty acid omega 3, because they have had their natural diet. They are not given hormones and antibiotics which most of the meat in grocery stores contain.

**Dark leafy vegetables:** *Iron, Folic acid, B6, Vitamin E*

These veggies are packed with minerals, antioxidants and vitamins essential to healthy fertility. Spinach, kale, Swiss chard and collards are examples of dark leafy green vegetables.

**Fruit:** *B6, Vitamin C*

Fruits have the highest amounts of antioxidants per serving. Prunes, pomegranates, raisins, blueberries and strawberries are the best. Antioxidants are sensitive to heat so eat them fresh, raw and ripe.

**Colorful vegetables:** *B6, Vitamin C*

A vegetable's color will tell you what nutrients and benefits it will provide for your body. Vegetables that are red or green in color are high in Vitamin C. Those that are orange have high Vitamin A. The easiest way to get a bunch of nutrients is to eat a wide variety of vegetables. Make sure you are having a variety of colors daily.

**Fish and Shell Fish:** *Vitamin D, Omega 3, Zinc, Selenium, B12, CoQ10*



Fish and shell fish (muscles, clams, etc.) are some of the most nutrient dense foods we can eat. They provide lots of essential fatty acids, vitamin D, zinc, B12, selenium and CoQ10. Try to avoid farmed fish as their levels of omega 3 are not as high and have been fed antibiotics.

**Liver:** *Vitamin D, Zinc, Selenium, Iron, Folic Acid, B12, CoQ12*

Liver is one of the most nutrient dense foods available. Just 4 oz. has over 200% of your daily Folic Acid needs. Making a pate' and spreading it on whole grain crackers each week is one way to make it tasty. Remember, use liver from grass-fed/free range animals only.

**Lentils and other Beans:** *Iron, Folic Acid*

Lentils are the second highest source of iron of **ALL** foods and the second highest source of folic acid. One cup of cooked lentils provides 90% of your daily folic acid needs. Use them to make soup, hummus or a side dish or stir—fry.

**Raw of cultured dairy** – *Vitamin D, B12, Zinc*

Raw dairy is milk products which have not been pasteurized so they still have their important enzymes and delicate nutrients intact. Raw dairy comes from cows that are grass/pasture fed and don't receive hormones or antibiotics. It is very different from the milk available in the grocery store. You can culture your organic pasteurized milk you buy from the store to help improve its nutritional profile and digestibility.

## Macro-Nutrient Facts You Should Know

Macro-nutrients are important as well as micro-nutrients. This means getting enough protein, fiber, fat, and carbohydrates.

**Proteins:** Amino acids are the building blocks of cells in your body and in the “body” of the fetus. Ensuring you are regularly getting enough protein during pre-conception is important so that when you conceive you will give the fetus what it needs to grow. Get your protein from a wide variety of sources from animal and vegetable sources of protein daily.

### **Best sources of animal protein:**

- Free-range organic chicken
- Grass fed beef
- Wild Alaskan salmon
- Organic turkey

### **Best source of vegetable protein:**

- Lentils
- Most beans
- Quinoa
- Nuts
- Green vegetables

**Fiber:** Fiber helps assist the body in getting rid of excess estrogen and xenohormones in the system and helps to keep our digestive tract functioning properly.

### **Best sources of fiber:**

- Oatmeal
- Apples
- Whole grains and pseudo-grains
- Nuts & seeds
- Beans
- Avocados

**Fats:** Not only are essential fatty acids important but saturated fats and cholesterol are important as well. Cholesterol is a pre-cursor to all hormones produced in the body including progesterone. Just make sure it is from the right foods like coconut oil, grass-fed meats, fish, nuts and seeds. Avoid hydrogenated oils and vegetable oils cooked at high temps.

## Important Nutrients for Fertility

There are some nutrients that have been specifically shown to have a direct impact on fertility.

**Vitamin D:** Vitamin D is needed to help the body create sex hormones which affects ovulation and hormonal balance. Most of us have a Vitamin D deficiency.

Food sources: *eggs, fatty fish, dairy, cod liver oil. Also, sitting in the sun for 15 – 20 minutes a day is a good way to get it.*

**Vitamin E:** Vitamin E improves sperm health and motility in men. The meaning of Vitamin e – Tocopherol – means to bear young! Vitamin E is also an important antioxidant to help protect sperm and egg DNA integrity.

Food sources: *Sunflower seeds, almonds, olives, spinach, papaya, dark leafy greens*

**CoQ10:** This is necessary for every cell in the body having energy to function. It also increases sperm motility in semen. It also has an antioxidant that helps to protect cells from free radical damage which may impact egg health as well.

Food sources: *Seafood and organ meats – the amounts in our body decline with age*

**Vitamin C:** Vitamin C improves hormone levels and increases fertility in women with luteal phase defect. It also helps to keep sperm from clumping together, making them more motile.

Food sources: *Plants and fruits – red peppers, broccoli, cranberries, cabbage, potatoes, tomatoes, and citrus fruit*

**Lipoic Acid:** Lipoic acid helps to protect the female reproductive organs and has been shown to improve sperm quality and motility and helps the body to continually re-use the antioxidants in the body.

Food sources: *Small amounts found in potatoes, spinach and red meat*

**B6:** Vitamin B6 may be used as a hormone regulator. It also helps to regulate blood sugars, alleviates PMS, and may be useful in relieving symptoms of morning sickness. It also helps with Luteal Phase Defect.

Food sources: *Tuna, bananas, turkey, salmon, cod, spinach, bell peppers, turnip greens, collard greens, garlic, cauliflower, mustard greens, celery, cabbage, asparagus, broccoli, kale, Brussels spouts, chard*

**B12:** Vitamin B12 helps to boost the endometrium lining in egg fertilization, decreasing the chances of miscarriage. A deficiency of B12 may increase the chances of irregular ovulation, and in severe cases may stop ovulation altogether.

Food sources: *Clams, oysters, muscles, liver, caviar (fish eggs), fish, crab, lobster, beef, lamb, cheese, eggs*

**Folic Acid:** Folic Acid is one of the best known vitamins necessary for pregnancy. It helps prevent neural tube defects and urinary tract anomalies in developing fetuses. A deficiency may increase the risk of going into preterm labor, low birth weight and fetal growth retardation. A deficiency may also increase the homocysteine level in the blood which can lead to spontaneous abortion and pregnancy complications such as placental abruption and pre-eclampsia.

Food sources: *Liver, lentils, pinto beans, garbanzo beans, asparagus, spinach, black beans, navy beans, kidney beans, collard greens*

**Iron:** Women who do not get sufficient amounts of iron may suffer anovulation (lack of ovulation) and possibly poor egg health, which can inhibit pregnancy at a rate 60% higher than those with sufficient iron stores in their blood.

Food sources: *Lentils, spinach, tofu, sesame seeds, kidney beans, pumpkin seeds (raw), venison, garbanzo beans, navy beans, molasses, beef*

**Selenium:** This antioxidant helps to protect the eggs and sperm from free radicals-free radicals can cause chromosomal damage which is known to be a cause of miscarriage and birth defects. Selenium is also necessary for the creation of sperm. Low sperm counts have been found in men who have low levels of selenium.

Food sources: *Liver, snapper, cod, halibut, tuna, salmon, sardines, shrimp, crimini mushrooms, turkey*

**Zinc:** Zinc works with more than 300 different enzymes in the body to keep things working well. Cells cannot divide properly without it; estrogen and progesterone levels can get out of balance and your reproductive system may not be fully functioning. Low levels have been linked to miscarriage in

the early stages of a pregnancy. It is one of the most important trace minerals to date for male fertility.

Food sources: *Calf liver, oysters, beef, lamb, venison, sesame seeds, pumpkin seeds, yogurt, turkey, green peas, shrimp. Zinc can be damaged by heat so eat some foods high in zinc in their raw forms*