

Meals for Fertility: Nutritional Fact Sheet

Your pre-pregnancy diet can influence your fertility health for the better.

Whole Grains & Wholegrain Cereals

Best to consume daily

Whole grains and wholegrain cereals contain specific nutrients, like vitamin E and selenium, that [may support fertility health](#).

They also help maintain stable blood sugar levels and lower insulin resistance, a hallmark of PCOS (polycystic ovary syndrome) and repeated miscarriages.



Whole wheat pasta

A good source of selenium [essential for normal sperm production](#).

Brown Calrose rice

This premium brown rice is high in fiber with a deliciously nutty flavor.

Black barley

A nutrient powerhouse of fiber, vitamins, and minerals with a chewy texture.

Spinach

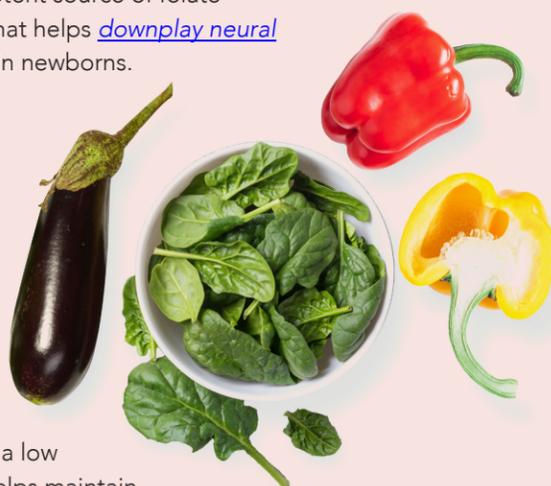
A naturally potent source of folate (vitamin B9) that helps [downplay neural tube defects](#) in newborns.

Fresh thyme

Jam-packed with manganese that may [lower your risk of anovulation](#) — when the ovary fails to release an egg for ovulation.

Broccoli

Rich in vitamin C and has a low glycemic index (GI) that helps maintain stable blood sugar levels.



Non-Starchy Vegetables

Best to consume daily

Eating non-starchy veggies, like leafy greens, [may ward off gestational diabetes](#) (GDM) as they raise blood sugar levels more slowly. They also have other key fertility benefits.

Lean Proteins & Plant-Based Alternatives

Trade your processed and/or fatty meats for lean proteins and plant-based alternatives.

Lean Meats & Eggs

Red Meat: Best to consume twice or less weekly
Poultry & Eggs: Best to consume daily to weekly

Unprocessed, lean cuts are lower in saturated fats that dampen your fertility health — research shows high saturated fat intake is linked to [low sperm concentration](#).

Eggs

Chock full of fertility-friendly nutrients like vitamin D, choline, iron, and folate sans the unhealthy fats. Best to eat in moderation.

Skinless chicken thigh

Removing the skin eliminates most of its saturated fats while still being a healthy protein source.

Lean beef

Trimmed beef brisket and knuckles are some of the leanest cuts to indulge in. But do limit your red meat intake as it may [negatively affect fertility](#).

Fish & Seafood

Best to consume low-mercury, oily fish at least 2 times/week

Brimming with omega-3 fatty acids, certain fish and seafood come highly recommended for TTC folks.

Prawns

High-protein and low-fat in nature, prawns are quality protein sources for a well-rounded fertility diet. A study shows the more seafood eaten per ovulation cycle, the [shorter the time to get pregnant](#).

Barramundi & Salmon

A good source of omega-3 fatty acids. Research shows that eating more fish while undergoing ART is linked to [higher live birth rates](#).

Plant-Based Proteins

Best to consume daily to weekly

Plant-based proteins, like legumes and nuts, are excellent for those on a meat-free diet.

Walnuts

Nuts like walnuts are scientifically proven to [improve sperm health](#).

Tofu

This soy-based protein is ideal for TTC females, plus it's versatile enough to be used in most dishes, from veggie stir-frys to kimchi stews.

Chickpeas

Well-known for their anti-inflammatory properties, chickpeas can help reduce inflammation associated with poor fertility levels.

Avocados

Besides healthy fats, avocados also contain fertility-enhancing nutrients like vitamin B6 and folate.

Extra virgin olive oil

Abundant in omega-3 fatty acids that [positively impact sperm health and may reduce the risk of miscarriages](#).

Healthy Oils & Fats

Best to consume daily

Healthy oils, like extra virgin olive oil, contain the good fats that are beneficial for fertility.



Disclaimer: The information provided in Meals for Fertility Nutritional Factsheet is for educational and informative purposes only and not intended as medical advice.