

# Meals for Fertility: Nutritional Fact Sheet

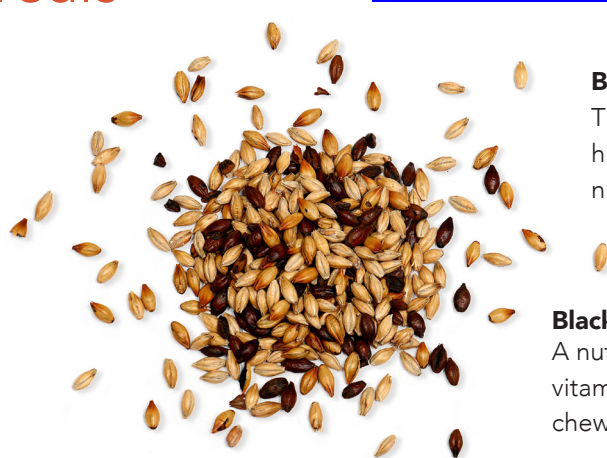
Your pre-pregnancy diet can influence your fertility health for the better.

## 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

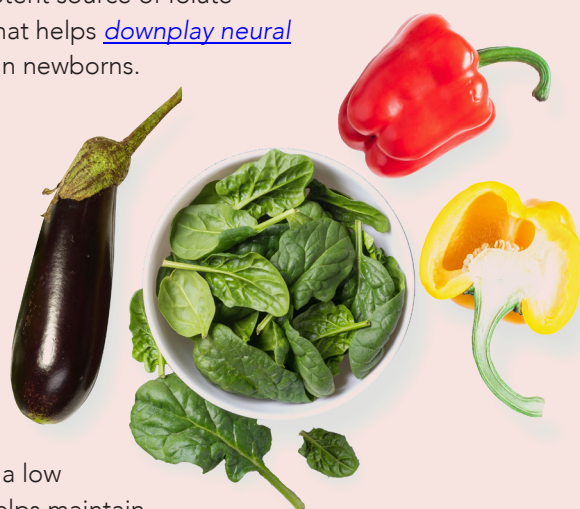
A naturally potent source of folate (vitamin B9) that helps [downplay neural tube defects](#) in newborns.

### 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.