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- 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



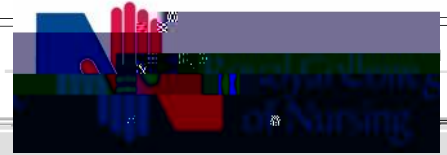
# Eat the Rainbow

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



LINEAGE

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# Hydration & Fibre



- 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

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- 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



## You can improve egg quality!!

- Melatonin rich foods: cherries, goji berries, kiwi fruit, pistachios
- Antioxidants: berries, vegetables, fruit
- Yellow fruit and vegetables / egg yolks -



- 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



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



# Inflammatory Linked Conditions

WINTER 2020



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- Good mood foods
- Calming foods -

# 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

