

FERTILITY FOODS MADE SIMPLE

A simple food guide for women and men
trying to conceive



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WHY FOOD MATTERS FOR FERTILITY

Nutrition plays a key role in hormone balance, egg quality, and sperm health. Small, consistent food choices can make a meaningful difference.



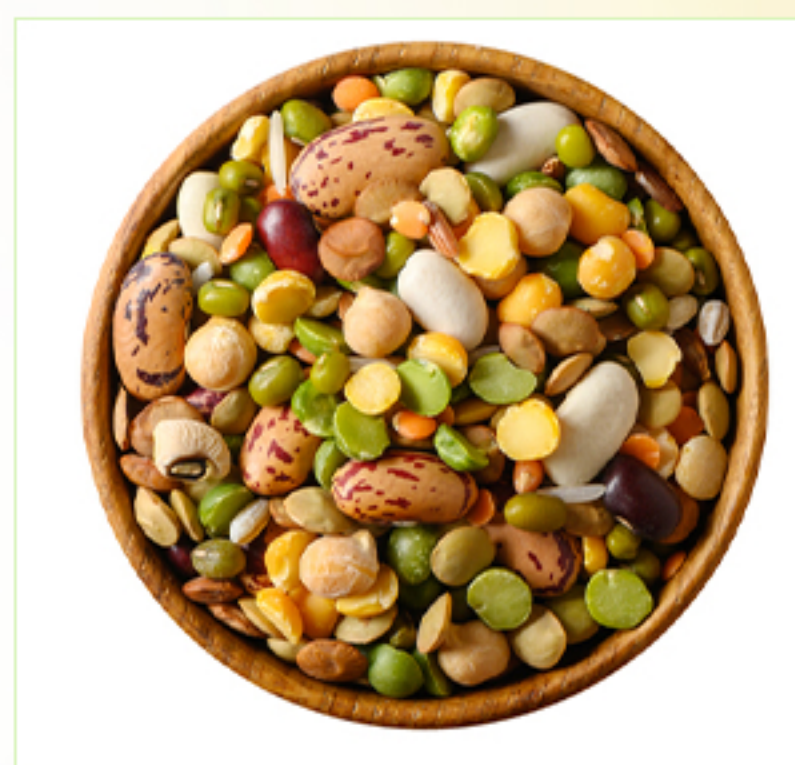
FERTILITY-BOOSTING FOODS (AT A GLANCE)



Leafy greens



Eggs



Lentils and beans



Nuts and seeds



**Fruits rich in
vitamin C**



Whole grains

LEAFY GREENS AND VEGETABLES

Why they help: Rich in folate, iron, and antioxidants that support ovulation and embryo health.

Examples: Spinach, methi, broccoli, beetroot



PROTEINS THAT SUPPORT FERTILITY

Why they help: Protein is essential for hormone production and cell repair.

Examples: Eggs, lentils, beans, paneer, fish



HEALTHY FATS AND SEEDS

Why they help: Healthy fats support hormone balance and reduce inflammation.

Examples: Nuts, seeds, avocado, olive oil, flaxseed



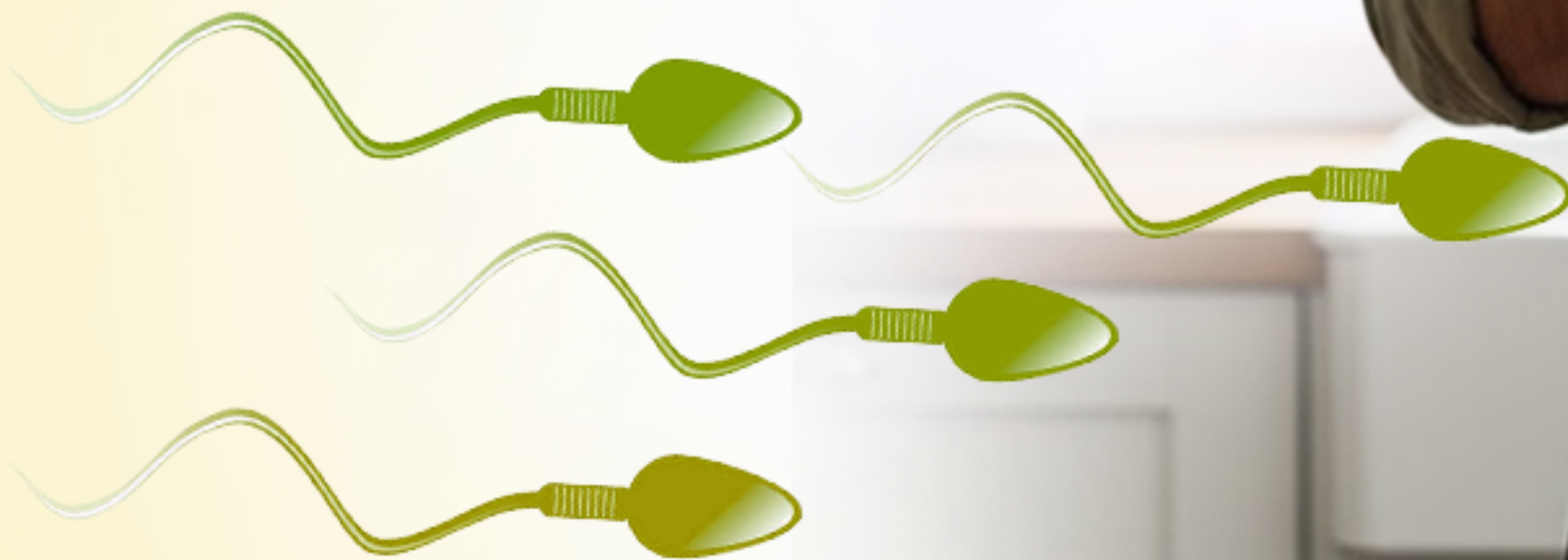
FOODS THAT SUPPORT SPERM HEALTH

Good for him:

Zinc-rich foods
(pumpkin seeds, lentils)

Omega-3 sources
(fish, walnuts)

Antioxidant fruits
and veggies



FOODS TO LIMIT OR AVOID



Limit

- Sugary drinks and sweets
- Fried and ultra-processed foods
- Excess caffeine



Avoid

- Alcohol
- Smoking



EASY FOOD SWAPS

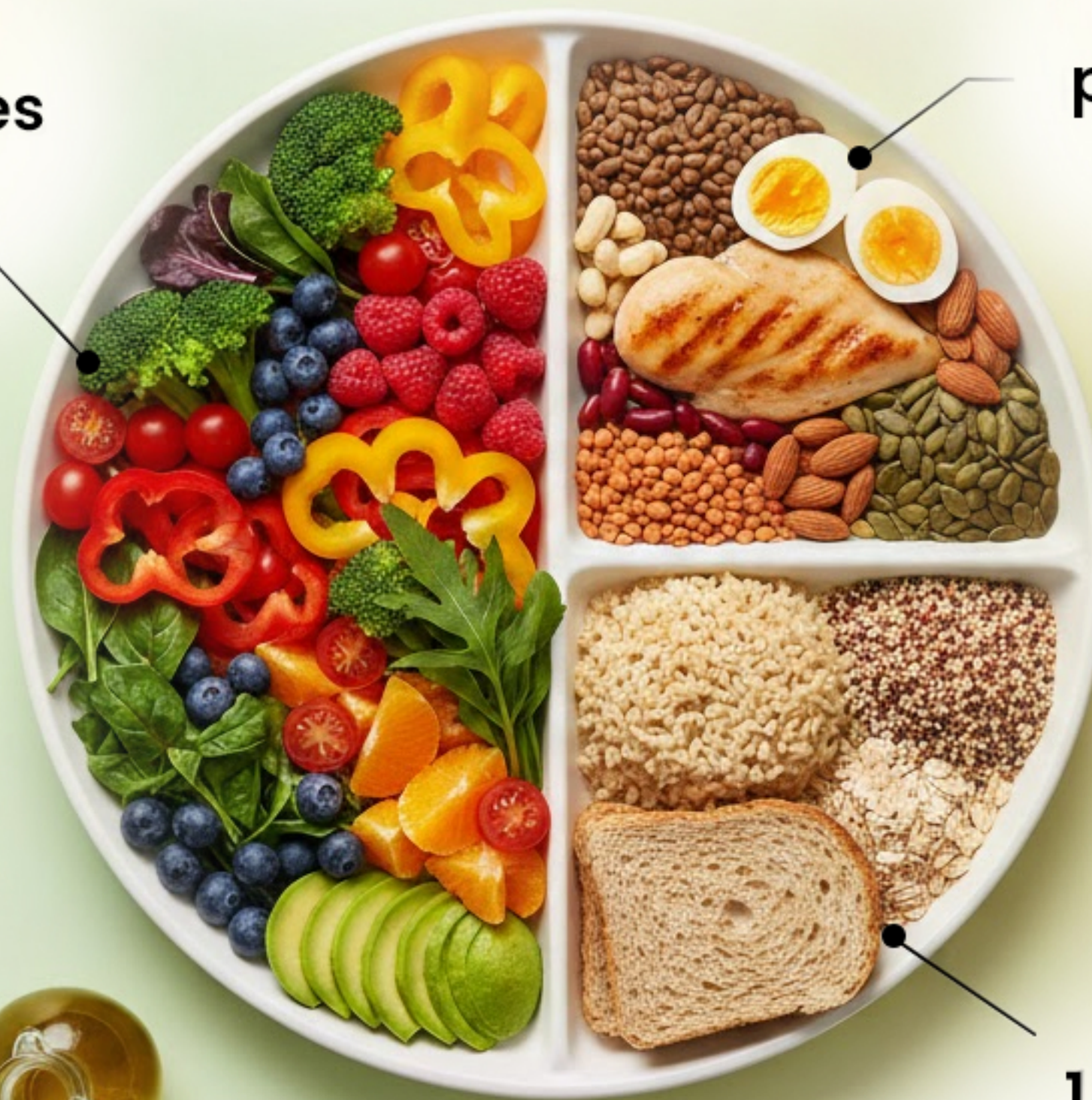
Instead of this → Try this



DAILY FERTILITY PLATE

1/2
vegetables
& fruits

1/4
protein



1/4
whole grains

Healthy fats
on the side



Balance matters more than perfection.

QUICK FOOD CHECKLIST



Eat regular meals



Add protein to every meal



Include fruits and veggies daily



Stay hydrated



Limit caffeine and sugar

Fertility-friendly eating is about nourishing your body, not restricting it. Make small food upgrades, one meal at a time.

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