

FERTILITY MEAL PLAN

As recommended by Dr Luke Waldrip, senior obstetrics consultant at Gold Coast University Hospital, Queensland, Australia

FOODS AND SUPPLEMENTS SHOWN TO IMPROVE FERTILITY	RECOMMENDED SERVES PER DAY	COMMENTS
Fresh vegetables, especially green vegetables	Five	Best consumed raw, steamed or cooked in olive oil
Fresh fruit	Two	
Raw, unsalted nuts, especially walnuts	One handful (approximately 30 grams)	
Olive oil or olives	Two tablespoons of olive oil	
Fish rich in Omega 3 fatty acids	Twice per week	Especially salmon, sardines and herring
Coenzyme Q10	600 mg	May help improve embryo quality
Melatonin	3 mg each night	May help improve egg quality
Multivitamin containing at least 500 mcg folic acid	One tablet	Needs to be taken at least 3 months before trying to conceive Reduces risk of fetal spina bifida and neural tube defects

WHAT TO AVOID	HOW MUCH YOU CAN HAVE/COMMENTS
Alcohol	None
Smoking	None
Caffeine	Limit to one cup of coffee or tea per day
Excessive exercise	Limit strenuous exercise to half hour per day
Red meat	Limit to two serves per week at most
Cheese and butter	Limit to three serves per week at most
Salt	Avoid adding to food and avoid processed food high in salt
Omega 6 fatty acids	May decrease fertility Found in high concentration in corn, soy and sesame

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