

### Fertility Diet Checklist

- ☐ Chew your food well to break it down so that nutrients can be absorbed
- ☐ Avoid distractions while eating such as watching TV or playing on the computer
- ☐ Avoid drinking with meals as it dilutes your digestive enzymes and reduces nutrient absorption
- ☐ Avoid alcohol, coffee & energy drinks – opt for water, herbal tea, and vegetables juices
- ☐ Eat every 3 hours to balance blood sugar levels and reduce cravings
- ☐ Avoid soy (negatively affects your thyroid), gluten (triggers immune system reactions and increase miscarriage risk) and non organic low fat dairy
- ☐ Avoid processed, packaged foods due to lack of nutrients, high chemical load and trans fats
- ☐ Eat organic and seasonally, avoid GMO foods. *Organic food has 25% higher nutrient levels than conventional foods!*
- ☐ Avoid artificial sweeteners & long unrecognisable names on labels. If you can't pronounce it then you shouldn't be eating it!
- ☐ Steam, stir-fry, grill, bake or poach your food to optimise nutritional quality. Avoid frying or boiling your food.
- ☐ Avoid large fish such as shark, tuna and swordfish and aim for smaller types such as snapper, trout, mackerel and sardines
- ☐ Avoid foods you may be intolerant to as they cause inflammation and reduce fertility
- ☐ Never skip breakfast as your metabolism slows and you initiate a roller coaster of blood sugar erraticness
- ☐ Avoid Sugar as it negatively affects fertility and leaches your body of vital nutrients
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- ☐ Hydration – 2.5litres of water daily, add lemon, lime, fresh mint, vanilla essence for variety

*Tip - Alcohol & coffee are teratogens – 1 per day can decrease fertility significantly!*



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*Tip – pick 10 recipes you love, put them on your weekly planner, make a shopping list then simply follow your plan!*