



Diet in infertility

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Excessive consumption of low-fat dairy foods may increase the risk of infertility, while high-fat dairy foods may reduce it.

To take advantage of these potential benefits, try replacing a daily low-fat dairy meal with a high-fat dairy meal such as a glass of whole milk or high-fat yogurt.

► 9. Take a multivitamin.

If you take a multivitamin, you are less likely to have ovulatory infertility.

► 10. Get active.

Exercise has many benefits, including increasing fertility for your health. Increased moderate physical activity has positive effects.

Excessive exercise can change the energy balance in the body and negatively affect your reproductive system.

► 11. Take time to rest.

As your stress levels increase, so does your chances of getting pregnant. It is probably due to hormonal changes that occur when feeling stressed.

► 12. Consume less caffeine.

► 13. Follow a healthy weight.

Weight is one of the most important factors of infertility for men and women. Being underweight or overweight is associated with increased infertility.

It is because the amount of fat stored in the body affects menstrual function.



► 14. Check the iron level.

It's time to start consuming iron. The type of supplement, taking iron and non-heme iron supplements, which are derived from plant foods, may reduce the risk of infertility by ovulation.

Non-heme iron sources are more difficult for the body to absorb, so try to consume them with foods or drinks rich in vitamin C to increase their absorption.

► 15. Avoid excessive alcohol consumption. Alcohol consumption can negatively affect fertility. However, it is not clear how much alcohol is needed to create this effect.

► 16. Natural supplements

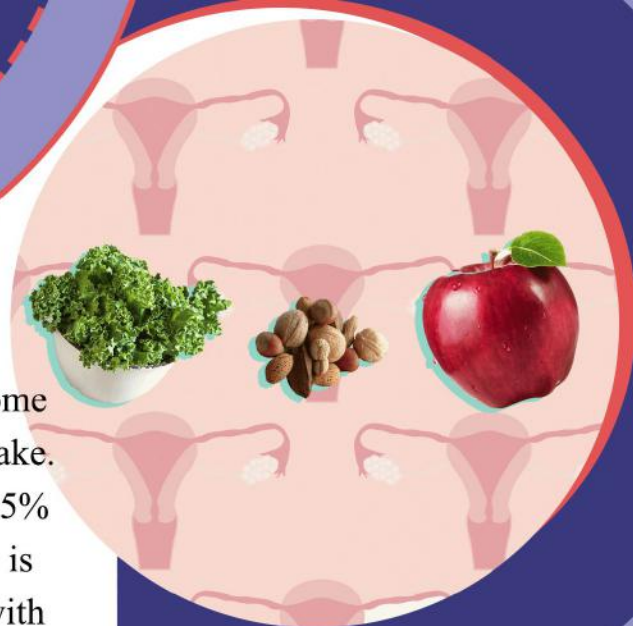
Certain natural supplements, especially in animal studies, have been associated with increased fertility. Always consult your doctor before taking natural supplements.



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▶ 3. Avoid trans fats.

▶ 4. If you have polycystic ovary syndrome (PCOS), reduce your carbohydrate intake. Following a low-carb diet (less than 45% of which comes from carbohydrates) is generally recommended for women with polycystic ovary syndrome (PCOS).



Refined carbohydrates can be especially problematic. Refined carbohydrates include sugary foods and beverages and processed grains such as white pasta, bread, and rice.

Consume more fiber.⁶

▶ 7. Protein exchange

Replacing some animal proteins (such as meat, fish, and eggs) with plant protein sources (such as beans, nuts, and seeds) is associated with a reduced risk of infertility.

▶ 8. Choose high-fat dairy.

▶ 5. Eat less refined carbohydrates.

Diets high in unsaturated fats, whole grains, vegetables, and fish improve fertility in both men and women. In addition, men, and women with obesity [body mass index (BMI) ≥ 30 kg / m²] are at higher risk for infertility.

16 natural ways to boost fertility and get pregnant faster

▶ 1. Eat foods rich in antioxidants

Antioxidants such as folate and zinc may improve fertility in both men and women.

Foods such as fruits, vegetables, nuts, and whole grains are rich in beneficial antioxidants such as vitamins C and E, folate, beta carotene, and lutein. Eating more of these healthy foods should not benefit you.

▶ 2. Eat a big breakfast