



Fertility Nutrition Guide

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What if the best diet... wasn't actually a diet at all?

As Registered Dietitian Nutritionists at Illume Fertility, we know that good nutrition can boost fertility and lay the groundwork for a healthy pregnancy and baby. With that in mind, our goal is to supply each patient with as much useful, evidence-based information as possible.

We believe that nutrition counseling should be judgment-free and supportive. It should always meet you where you are.

At Illume, our motto is "Everything in moderation." We guide patients away from food guilt, fad diets, and restrictive eating, and toward practical, balanced habits that fit your individual lifestyle, preferences, and goals.

In this guide, you'll find easy-to-reference tips and information to help boost your fertility and increase your chances of success with (or without) fertility treatment. For personalized guidance, please [schedule a consultation](#).

To your health,

Jill Hickey, RDN and Jennifer Walsh, RDN
Illume Fertility Nutrition Team



Disclaimer

This guide is intended for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician, registered dietitian, or other qualified health provider with any questions you may have regarding a medical condition, dietary changes, or fertility treatment.



Best Fertility Nutrition Tips

- Eat the rainbow: Include colorful fruits and vegetables to ensure a variety of vitamins and minerals.
- Whole milk dairy: One to two servings daily may benefit ovulatory infertility. Try whole milk, full-fat yogurt, or cottage cheese.
- Balance your plate: Pair grains with healthy fats, protein, and vegetables to maintain stable blood sugar and support satiety.
- Foods to limit: Highly processed foods, refined carbs, trans fats, excess saturated fats, artificial sweeteners, and environmental contaminants.

Fertility-Friendly Nutrition Plan

Here's the truth:

It's not about adhering to a specific diet – it's about embracing a healthy lifestyle. A great fertility-friendly nutrition plan starts with balance and inclusion, building meals around three main food groups:

Complex Carbohydrates

Include whole grains, ancient grains, fruits, and vegetables high in fiber (without added sugar). Examples: lentils, legumes, quinoa, barley, oats, winter squash, farro, fresh or frozen produce.

Complex carbs provide energy, fiber, and micronutrients like B vitamins (including folate) that support your body and future baby.

Tip: Add 1/3 to 1/2 cup of whole grains or starchy veggies to each meal.

Healthy Fats

Prioritize Omega-3s and monounsaturated fats from salmon, walnuts, nut butters, olive oil, and avocado. Healthy fats improve insulin sensitivity, decrease inflammation, and support cholesterol levels.

Tip: Drizzle olive oil on veggies, add avocado or nuts to salads, or pair nut butter with apple slices.

Protein

Protein supports cellular growth, repair, and metabolism. Good sources include lean meats, poultry, beans, cheese, eggs, nuts, and low-mercury fish. Plant-based proteins may have positive impacts on ovulatory infertility.

Tip: Choose lean cuts, trim visible fat, and include plant-based proteins regularly.

Your Next Steps

- Make small, manageable changes over time.
- Eat mindfully and enjoy your meals.
- Keep a journal to track food habits, exercise, and emotional well-being (but don't obsess over calories and other metrics).
- Utilize any available clinic resources such as acupuncture, counseling, and nutrition services to optimize your health.

Taking care of your nutrition and overall health now will help put control back in your hands. Whether you conceive naturally or with treatment, working toward a healthy mind and body gives you the best chance for success!



Nutrition + Physical Activity

Healthy eating works best when paired with regular physical activity. Aim for 15–30 minutes of movement most days to improve energy, weight management, insulin sensitivity, cholesterol levels, and mental health.



Your journey starts here.

Our fertility-focused nutritionists and board-certified reproductive endocrinologists are ready to help you create the family of your dreams. Take the first step by scheduling your consult today and learn how Illume Fertility can help you achieve your goals.

Visit illumefertility.com for more resources,
or call (203) 750-7400 to get started.

