

Fertility Nutrition Checklist

Supporting your fertility starts with nourishing your body. This checklist offers a go-to guide for a balanced, nutrient-rich diet that can support reproductive health.

The steps below will help you nourish your body and support your fertility journey:

Action	Why?	Try:
Increase healthy fats	Supports hormone production	Avocados, nuts, seeds, olive oil, and fatty fish (think salmon and mackerel)
Prioritise protein	Essential for cell repair and reproductive health	Lean meats, poultry, fish, eggs, tofu, legumes, and plant-based proteins
Eat a rainbow of veggies	Rich in antioxidants that protect your cells and support both egg and sperm health.	Spinach, kale, capsicum, carrots, and sweet potatoes
Go for wholegrains	Helps keep blood sugar stable while providing essential nutrients like B vitamins, vital for energy and fertility.	Quinoa, brown rice, oats, and whole wheat products
Choose full-fat dairy	Research suggests that full-fat dairy products can positively impact fertility compared to low-fat alternatives.	Full-fat yoghurt and milk.
Stay hydrated	Hydration is essential for optimal reproduction function and overall health	For 2-3 litres of water a day.
Boost iron & folate	Supports health cell division	Iron-rich foods like leafy greens, lentils, and lean meats, plus folate from spinach, asparagus, and fortified grains
Omega-3 power	Supports egg quality and reduces inflammation.	Fish, flaxseeds, and chia seeds
Zinc & selenium-rich foods	Important for hormonal balance and reproductive health	Pumpkin seeds, Brazil nuts, and lean meats for zinc and selenium
Limit processed sugars and refined carbohydrates	They can cause blood sugar spikes and affect hormonal balance.	To cut back on sugary snacks and refined grains

Bonus tip!

Consider speaking to a healthcare professional about supplements like a prenatal multivitamin, omega-3s, or CoQ10 to give your fertility health an extra boost.