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DIET PLAN FOR INFERTILITY

- 1. LUKE WARM LEMON WATER to drink first in the morning with a pinch of SALT.**
- 2. BREAKFAST-** Whole milk/oats/scrambled eggs chia seeds/blueberries/roti/green leafy vegetables curry (spinach, beans, etc.)/Avocados. Tea/coffee after 30 minutes of breakfast- because it can inhibit your absorption of iron.
- 3. LUNCH-**
 - **Rice/Brown rice-** rich in carbs.
 - **Fish/Salmon** (not more than 3 meals per week)- contains omega-3 fatty acids & DHA
 - **Whole Egg-** rich in choline, B12, B6, vitamin D, selenium, zinc, iron, and all the amino acids
 - **Soy-** Protein, carbs & fat.
 - **Dal-** high in protein
 - **Lentils-** rich in folic acid
 - **Meat-** Only one-two meals per week.
 - **Sweet Potatoes-** rich in beta-carotene, which is known to help boost the production of the hormone progesterone
 - **Dark leafy vegetables curry/ Kale, Spinach, broccoli, beans, etc. -** source of fibre; they're rich in antioxidants too.
 - **Salad (beetroots)-** they improves blood flow to the uterus that help with embryo implantation
 - **Fruits (Seasonal/pomegranate/watermelon)-** Antioxidant-rich, including vitamin C, vitamin K, folate, and several other vitamins and minerals.

4. SNACKS-

- *Walnut*
- *Chia seeds*
- *Sunflower seeds*
- *Yoghurt*
- *Cheese*
- *Almonds*
- *Cashews*
- *Dates*
- *Sprouts.*

5. DINNER- *One-two roti with ghee/dal/egg/vegetables/fruits (seasonal)*

6. NO TO FOODS-

- ***Junk foods-*** *fast food and packet chips.*
- ***Refined Carbohydrates-*** *White bread, pasta, flour, biscuits.*
- ***Fried foods-*** *French fries, donuts, fried meat.*
- ***Sugar drinks/beverages-*** *Soda, tea with added sugar, energy drinks, cold/soft drinks*
- ***Alcohol***
- ***Smoking/tobacco.***
- ***Processed Soy.***
- ***Meat-*** *beef, pork.*
- ***Seafood.***
- ***Refined oil.***