

Nutrition and Infertility

Your Healthy News – Fertility Newsletter

December 1, 2011

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Infertility can be due to many reasons; however, the exact cause of infertility remains unclear. Although the relationship between nutritional status and infertility is not well-defined, certain dietary needs may help increase fertility.

- **Protein:** 10-20% of daily food intake.
 - Protein is used for cell growth, cell maintenance, and regulation of essential body functions. It is recommended to consume an adequate amount of protein derived from plant-based sources (i.e. beans, soybeans, and peas) rather than animal sources.
- **Carbohydrates:** 55-75% of daily food intake.
 - Carbohydrates provide energy for the body to function. It is recommended to select slowly digested carbohydrates such as whole grains, whole fruits, and vegetables.
- **Fats:** 20-25% of daily food intake.
 - Fats are categorized into saturated fat and unsaturated fat. Unsaturated fat is recommended because it can help with many body functions such as managing blood sugar and reducing inflammation. The main sources of unsaturated fat are oily fish (i.e. salmon, mackerel), seeds (i.e. sesame seeds, sunflower seeds), and nuts (i.e. walnuts, peanuts).
- **Fiber:** 5 servings per day.
 - Fiber is essential for a healthy digestive system. Its main sources are fruits and vegetables.
- **Water:** At least 2 liters of water every day.
 - Water is essential to keep our organs hydrated and viable.

In addition to adequate daily nutrition, vitamins and supplements also play important roles in fertility. To increase the likelihood of fertility, it is recommended that you consume an adequate daily amount of vitamin B12, vitamin C, vitamin E, folic acid, and other trace elements (i.e., magnesium, potassium, iron, and zinc). Many vitamins and supplements are consumed through regular eating habits, but for those who are trying to conceive, recommendations are to take a multi-vitamin daily to improve fertility.

Some studies have suggested that infertility may be linked to increased caffeine consumption; thus, it is recommended to limit caffeine intake to no more than 200 milligrams per day. Excessive alcohol intake has also been associated with infertility and is therefore considered a substance to avoid while attempting to conceive.

Having a well-balanced and nutritional diet is essential to keep the body healthy and potentially increase the possibility of conception. For further information or questions, please speak with a doctor or other healthcare provider.

References:

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