

# Womb to World

## Top 10 Foods to Support Fertility

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# Preparing for Parenthood

**Nourishing your body is a beautiful way to prepare for the journey to parenthood.**

The foods you choose can profoundly impact your overall health and fertility, helping to create the best possible environment for conception and a healthy pregnancy.

In this guide, you will find 10 nurturing, fertility-boosting foods you can easily include in your diet while on your journey to conceive.



# Top 10 Foods to Support Fertility

One:

**Eggs**



Nature's little powerhouse, eggs are full of protein (6g per serve) and essential nutrients like vitamins A, B, D, E, iron, folate, and choline, all of which support fetal development and neural tube health.

Two:

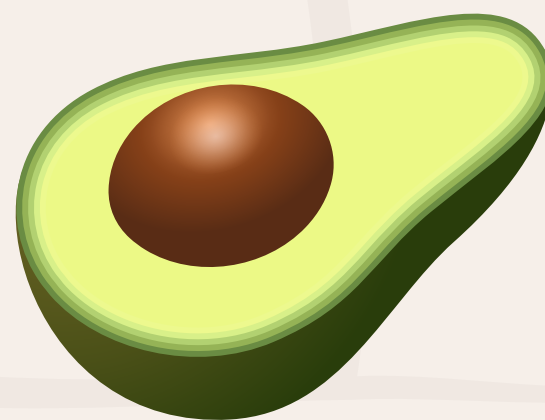
**Salmon**



Rich in omega-3s and DHA, salmon promotes brain and eye development for your future little one, while being anti-inflammatory and high in protein.

Three:

**Avocados**



A powerhouse of nutrients, avocados are packed with healthy fats, protein and fibre, along with nutrients like vitamin A, potassium and folate.

*Four:*

## **Berries**



A delicious and natural way to boost fertility, berries are full of natural anti-inflammatory and antioxidant properties while also being a good source of fibre, folate, and vitamin C.

*Five:*

## **Pumpkin Seeds**



Tiny but mighty, pumpkin seeds are a good source of zinc and magnesium, which play an important role in ovulation, fertility, and pregnancy.

*Six:*

## **Brazil Nuts**



Brazil nuts are known to be an excellent source of Selenium which acts as an antioxidant and plays an important role in DNA synthesis.

*Seven:*

## **Leafy Greens**



Vibrant leafy greens such as spinach, kale and collard greens, contain a multitude of health benefits. They are packed with vitamins (A, C, K), minerals (calcium, iron, magnesium, potassium), fibre, and antioxidants to support your body.

*Eight:*

## Kiwi Fruit



Kiwi fruit is high in fibre which can help with digestion. They also contain more vitamin C than an orange, increasing iron absorption when paired with iron-rich foods.

*Nine:*

## Greek Yogurt



Unsweetened greek yogurt is usually higher in protein (around 15g per serve) than other sweetened varieties of yoghurt. It is an excellent source of calcium and contains probiotics to support a healthy gut and digestive system.

*Ten:*

## Wholegrains



Carbs are not your enemy! Wholegrain carbohydrates such as brown rice, quinoa and buckwheat provide sustained energy, essential vitamins, minerals, and fibre while supporting hormonal balance.



# Gentle Reminders

Here are some gentle reminders when following a fertility-friendly diet.



Fill your plate with colour and variety, combining protein, healthy fats, and carbohydrates at each meal.



Choose fresh, whole foods and limit overly processed options like sugary drinks, pastries, and fried snacks.



Stay hydrated and nourish your body with love and care.

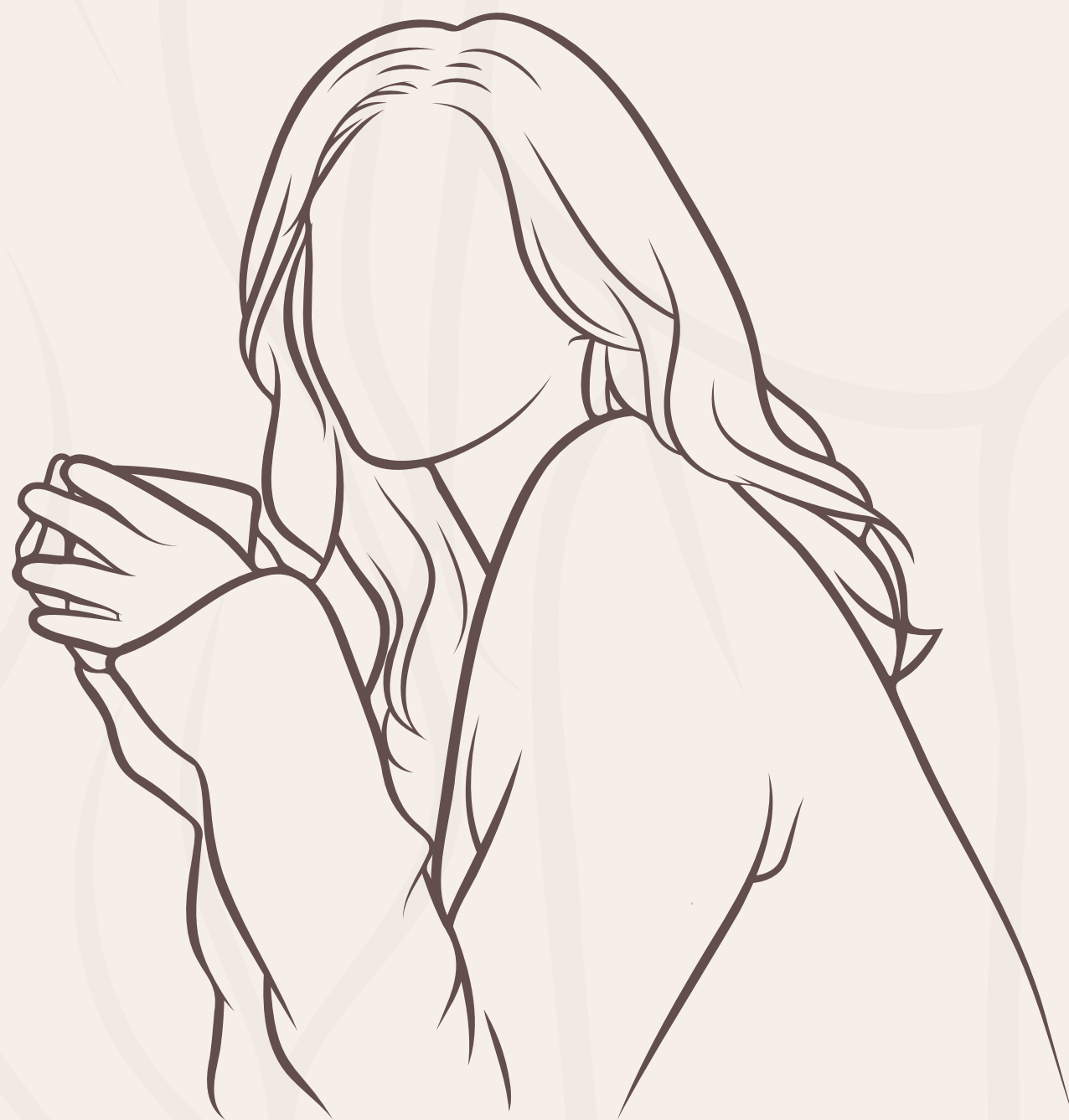
**Your fertility journey is a time to honour and nurture your body. Each thoughtful choice you make brings you closer to the family you dream of creating.**





*always be gentle with  
yourself*

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## **CONTACT US**

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