

Fertility Nutrition Guide

5 NUTRITION TIPS TO INCREASE
YOUR CHANCE OF SUCCESSFUL
PREGNANCY



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Are you ready to increase your chance of pregnancy, improve your health and make positive diet and lifestyle changes to prepare your body for the journey and impact baby's health and development?

Whether you are just starting to think about family planning or you're on your 3rd IVF cycle, this guide is for you.

Did you know that eating the right foods can improve your chances of successful pregnancy by 40%?
Optimising your nutrient levels before pregnancy is also associated with lower risk of miscarriage and baby's development, health and birth weight.

Nutrition plays a big role in fertility as micronutrients impact everything from egg quality to ovulation and the lining of your uterus. It's also important to achieve the right weight as this can impact your chances of getting pregnant naturally as well as enhancing the effects of assisted reproductive treatments.

There are so many things we can do from a nutritional point of view to enhance your chances of successful pregnancy!

- You're about to get a **sneak peak** into the world of fertility nutrition.

Hi, I'm Uta -


I help women get their bodies in the best possible place for conception and successful pregnancy.

I do this by sharing evidence based nutrition and lifestyle advice, proven to improve fertility and helping you **put this advice into practice** to achieve sustainable **results**.

This guide provides you with some of the specific strategies you can implement right away to improve your fertility and significantly enhance your chances of successful pregnancy.

THESE ARE 5 EASY TO FOLLOW TIPS to help you feel less confused about fertility nutrition and give you the confidence to get started with improving your diet and lifestyle.



A pregnant woman with long brown hair is shown from the chest down, wearing a dark green button-down shirt. She is gently holding her pregnant belly with both hands. The background is a warm, wooden wall. On the left, a small potted plant is visible.

“I was given Uta's details by a doctor preparing me for IVF treatment. Uta was **friendly** and **warm** and talked to me about the science of losing not only the weight I wanted to lose, but also the nutritional aspects of **getting my body in the right place to conceive**. Her guidance was **clear and easy to stick to**. I have lost another kg in a few weeks and **feel a lot better** in myself. I would recommend Uta not only for fertility nutrition but for any of my friends who might be trying to lose weight. **100% worth the investment.**” *Lucinda Borriello*

“I started started seeing Uta in November last year after struggling to conceive my second child. She was so **kind and compassionate** in her approach to food and nutrition it made it all seem very easy. All the changes I made to my diet were easy to implement but made such a difference to my energy levels. Eating better didn't feel like a chore it felt like I was finally looking after myself. **Amazingly without any fertility treatment I have just found out I am pregnant!** I can't thank Uta enough for the education and support she gave me. I will always be so grateful to you Uta.”

Yasmine Besley-Wood

- Increase your chance of pregnancy
- Improve your health & wellbeing to support your body through the journey
- Feel confident in making effective diet & lifestyle changes to positively impact fertility, pregnancy and baby's health





INCREASE YOUR INTAKE OF OILY FISH

Oily fish such as salmon, mackerel, anchovies, sardines, herring and trout are an excellent source of omega 3.

Aim for 3 portions of oily fish per week.

Omega 3 has been shown to improve fertility and is crucial for baby's health, including brain development.

Plant sources of omega 3 include linseed and hemp seeds. However most of us are not very good at converting these into the form we need. So if you don't eat fish it may be a good idea to supplement omega 3.



INCREASE YOUR VEGETABLE INTAKE

Vegetables are high in vitamins and minerals which are important for your reproductive health.

Aim for 5-8 portions a day, including a variety of colours and a mix of cooked and raw veggies.

Some of the most important nutrients for fertility include vitamins A and E as well as the B family.



EAT FOODS WHICH ARE HIGH IN ANTI-OXIDANTS

Anti-oxidant rich foods include berries, dark chocolate and artichoke.

By blocking free radicals before they reach the eggs in your ovarian reserve, **antioxidants** can protect the quality of eggs.

It's also a good idea to avoid foods which cause oxidative stress including highly processed foods and sugar.



USE HIGH QUALITY EXTRA-VIRGIN OLIVE OIL IN SALAD DRESSING, DIPS AND SAUCES

It's rich in healthy fats, high in antioxidants and helps the body absorb more nutrients from your meal (vitamins A, D, E and K).

It's also a great source of vitamin E which is important for implantation and uterine lining.

You can also include olives directly as a snack or by adding them into salads and stews.



REDUCE ALCOHOL AND FOCUS ON HYDRATION

Alcohol has been linked to several fertility issues and even small amounts can reduce your chance of conception. It also dehydrates the body. Hydration plays a key role in cell health and function.

A great way to enhance hydration is to add fresh fruit and herbs to your water. Make sure you get 1.5 litres of fluids including water and herbal teas each day.



ONE FINAL THING

Making changes to your diet can be overwhelming. Often it's about small changes over a period of time to get the best long-term results. Having someone to guide and coach you along the way can make all the difference. I can provide step-by-step guides and personalised recommendations. The next page explains how I can further support you and help you optimise your nutrition right now.



WHEN YOU'RE READY

- 1 Follow me on social media for even more tips, recipes and inspiration IG: [@fertility_expert_uk](#) & [@cannelle_nutrition](#) FB: [Cannelle Nutrition](#)
- 2 Watch my **free fertility masterclass** to learn more about how nutrition impacts fertility and get practical advice on how to implement dietary changes.
- 3 Ready to take your diet and lifestyle to the next level to really optimise your chances of pregnancy or simply need more support? [Email me](#) or book in for a [free discovery call](#). Together we can look at how I can best support you. Whether it's a bespoke nutrition plan to help you achieve your optimal BMI or personalised recommendations to enhance your IVF treatment chances.

I would love to support you on your fertility journey.

Uta

cannelle
NUTRITION

Uta Boellinger

Registered Nutritionist[®] (mBANT) &
Women's Health Expert

In partnership with the Agora clinic, the largest provider of fertility services in Sussex, with the highest live birth rate of any IVF clinic in London and the South East of England.

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This information is for educational purposes and should not replace medical advice. If you have a diagnosed medical condition you should consult a doctor before making any major changes to your diet.

Uta Boellinger, July 2023

