



The Fertility Godmother's
Ultimate Fertility Diet

a complete guide

The Fertility Godmother's Guide to the Ultimate Fertility Diet



The Fertility Godmother

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Improving overall health & enhancing fertility

I help women balance their hormones, regulate their cycles, get whole-body healthy, get pregnant and have healthy babies. I have helped hundreds of women, who have struggled to get or stay pregnant, get pregnant and have a healthy baby naturally. I can help you achieve your dreams of getting pregnant, too.

Acupuncture, Chinese herbal medicine, nutrition, supplements, lifestyle, mindfulness, and stress management are all tools that support reproductive health and will improve your chances of getting pregnant naturally.

This guide will provide you with valuable information about one of these tools, nutrition.

Eating a fertility diet to enhance your reproductive health.

One of the main suggestions you may come across as you explore natural fertility methods is the importance of a healthy diet. Eating foods that are natural and supply the body with essential nutrients is good for your overall health. But, it also helps to improve fertility and make conception easier.



Nourish Your Body for a Healthy Pregnancy

Nutrition is so important when it comes to having a healthy body and reproductive system.

Specific changes to the diet can improve fertility, prevent recurrent miscarriage and support a healthy pregnancy.

But what exactly is a fertility diet?

It's a way of eating that is supporting your body in its reproductive efforts while you prepare to conceive. This is a **choice to nourish** your body to prepare it for a healthy pregnancy. A diet for fertility will look different from a normal healthy, nutritious whole food diet. Please know this is NOT for an ongoing healthy lifestyle.

Include as many organic fruits & vegetables as possible.

Conventional produce contains harmful herbicides and pesticides which have been shown to negatively affect both male and female fertility. Studies have shown organic produce to have more nutritional value.

A study published October 2017 in the journal JAMA Internal Medicine ties consuming more fruits and vegetables with high amounts of pesticide residue with **a lower chance of pregnancy** and **a higher risk of pregnancy loss among women undergoing infertility treatment** in the United States (Chiu, Williams, & Gillman, 2017).

I wrote a full blog on this topic, you can review that information [here](#).

Fruits are the foods highest in antioxidants per serving.

Some of the fruits highest in antioxidants are prunes, pomegranates, raisins, blueberries and strawberries. Antioxidants are heat sensitive, so to get their benefit eat your fruit fresh, ripe and raw.

- ✓ Blueberries and raspberries are packed with antioxidants!
- ✓ The phytonutrients and natural chemicals found in blueberries were shown to have hormone-balancing properties that impact ovulation.
- ✓ Eat ginger! It's known for its powerful health benefits: reduces inflammation (anti-inflammatory), increases circulation and promotes healthy digestion!
- ✓ Pomegranates are rich in many important vitamins and nutrients including vitamin C, vitamin K and folic acid.

Eat Colorful Vegetables!

The color of a vegetable will tell you what nutrients and benefits it will provide for your body. The easiest way to get a ton of nutrients is to eat a wide variety of vegetables. Make sure you are eating a variety of colors daily.

- ✓ Vegetables that are red or green in color are usually high in vitamin C.
- ✓ Vegetables that are orange usually have high vitamin A.
- ✓ Dark leafy vegetables are packed with minerals, antioxidants and vitamins essential to healthy fertility.



Eating with the seasons is a great way to change up your diet—and consume an array of diverse foods that provide your body with a wide variety of important vitamins, minerals, enzymes, antioxidants, and phytochemicals that you need to keep your immune system strong and maintain optimal health!

Eat organic, grass-fed, whole-fat dairy products.

Organic, grass-fed, whole fat dairy is the best choice of dairy sources. Dairy that is not organic should be avoided as it contains added hormones and antibiotics which can contribute to increased estrogen levels in the body. There are many healthy alternatives to dairy such as fresh almond or hemp milk.

- ✓ Whole-fat dairy has been a recommendation for women trying to get pregnant since 2007, when research from the Nurses' Health Study showed intake of high-fat dairy foods may decrease the risk of infertility.
- ✓ The fat in whole milk can curb appetite and slow the release of sugar into the bloodstream, reducing the amount that can be stored as fat.
- ✓ Fat-free dairy products can potentially disrupt hormone balance, an important factor in fertility and weight. The process of removing fat from whole milk removes estrogen and progesterone, which are bound to the fat. This leaves behind higher portions of androgens, insulin-like growth factor one (IGF-1), prolactin, and male hormones in the watery layer, therefore causing an imbalance.

Eat only organic (grass-fed, free-range, cage free, wild-caught) meat.

Grass fed meat has less fat and has a little bit stronger taste than corn fed meats, but it provides a lot more nutrients because the animals have eaten their natural diet.

- ✓ Grass-fed meats are high in omega-3s and have been raised without antibiotics and hormones.

I wrote a full blog on this topic, you can review that information [here](#).



Eat 4-5 Servings of red meat per week.

Red meat has specific nutrients to help build blood and you need a lot of blood to make a baby. Red meat also has specific nutrients to help with fetal brain development, such as choline and B12, which you can only get from red meat.

- ✓ I am an advocate of red meat for most women while trying to make a baby.

Eat high quality, healthy fats.

They provide essential fatty acids, keep our skin soft, deliver fat-soluble vitamins, and are a great source of energy. Healthy fats are very important for general wellness but also for fertility and for fetal development.

- ✓ Coconut oil, avocado oil, high quality extra virgin olive oil, fish oils, grape seed oil, macadamia nut oil, eggs, nuts and seeds.

Consume a diet rich in legumes.

In a Harvard School of Health study, women who got most of their iron from plant sources reduced their risk of infertility by 40 percent. Moreover, the higher the dose of the iron supplements, the lower the risk. Women who took the highest doses, more than 41 milligrams a day, reduced their risk of infertility by 62 percent. Iron from meat didn't show the same benefits.

Beans and lentils are packed with zinc and iron. Low iron levels are shown to lower fertility and can cause poor egg health; and low zinc levels can cause an imbalance of estrogen and progesterone.

- ✓ Eat lentils & beans 2 times per week!

Fish 1 time per week MAX!

Fish supplies important essential fatty acids (omega 3) to our diet. These fatty acids aid in the production of hormones, reduce inflammation, and help regulate the menstrual cycle. Fish is also a great source of protein and vitamin A.

Wild caught salmon is known as a fertility boosting food because the Omega 3 oils help regulate hormone production and increase blood flow to the reproductive organs.

- ✓ Only eat cold-water fish like salmon, cod, halibut, and tilapia.
- ✓ Avoid large deep-water fish such as ahi tuna, swordfish, and Chilean sea bass due to their potential concentrations of mercury.
- ✓ NO RAW FISH!

Eat high fiber, high nutrient foods with every meal.

Choose grains in their whole, natural form.

- ✓ Fiber helps to pull excess estrogen (and other toxins) out of the body.

- ✓ Studies have linked eating whole grains to reducing insulin resistance and obesity, both imbalances that impact fertility.
- ✓ Nutrient-dense, gluten-free whole grains (and pseudo-grains), such as amaranth, brown rice, quinoa, buckwheat, and millet.

Eat nuts/seeds every day.

Nuts and seeds are nutrient dense foods that are an important part of fertility health and overall health because they supply the body with lots of fiber, protein, minerals and essential fatty acids.

- ✓ Eating nuts and seeds that are organic, raw and still in their shell is best.

1 whole egg 4-5 times per week.

Eggs are good sources of Vitamin D, B12, and protein.

- ✓ Find eggs which are farm fresh (they cost a little bit more, but they provide more nutrients, taste better and you will notice the difference)!

Drink lots of clean water.

Avoid white breads, pastas, and rice

Refined carbs have a high glycemic index (GI). So, these are absorbed very quickly, causing spikes in blood sugar and insulin levels.

Eliminate soy products!

Soy foods have been shown to contain estrogen mimicking properties. It is best to avoid processed soy foods such as soy milk, soy burgers, soy protein powder, soy chips, soy meats, and soy cheeses to avoid a negative impact on your hormonal balance.

Avoid caffeine.

Eliminate Trans Fats.

Eliminate refined sugar and processed foods.

Use a Food Diary

I always recommend using a food diary or journal of some kind. Using a food diary helps hold you accountable to eating to enhance fertility. You'll be less likely to indulge in those unhealthy foods and beverages because you have to document the slip-ups.

[I added my food diary to this document.](#)

Print 5-7 copies of the last page of this guide to get started right away.

Remember why you are doing this in the first place.

When things become difficult, remember that you are nourishing your body to improve your fertility, so you can have a healthy and happy pregnancy and baby!

Day of the week: _____

Food Diary

List everything that you consume.

Time	Food: (Junk food, everything!) Approximate Amounts	Liquids: Types + Amounts	Supplements
6:00 AM			
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			