

The Fertility Plate

Eating for fertility supports hormone health, ovulation, and egg and sperm quality, and helps support a healthy start for baby. Here is a simple guide to The Fertility Plate.

½ Plate	Fruits & Vegetables	Leafy greens, broccoli, bell peppers, berries, citrus, tomatoes, sweet potatoes
¼ Plate	Protein	Eggs, salmon, sardines, chicken, turkey, Greek yogurt, beans, lentils, tofu
¼ Plate	Complex Carbohydrates	Oats, quinoa, brown rice, farro, whole-grain bread, sweet potatoes, winter squash
Some	Healfy Fats	Olive oil, avocado, nuts, seeds, nut butters, fatty fish



Learn more about how you can support your fertility through nutrition visit: foodandfertility.com