



Dietary Advice For Patients Undergoing Fertility Treatment

PCFC/OPD/010323 V1.0 - March 2023



info@primecarefertility.com
www.primcarefertility.com



WhatsApp: 0809 515 9681
Inquiry: 0913 510 2505



#5 Ilorin Street,
Area 8, Garki - Abuja



Sisijemimah.com



Photo credit: visit [Sisi Jemimah Adebiyi](https://www.sisijemimah.com) for healthy Nigeria recipe!

Diet and Fertility Treatment

When it comes to fertility and your chances of getting pregnant, general health and wellness supported by good dietary intake are quite important.

A diet that reduces inflammation (anti-inflammatory diet) is essential for successful in vitro fertilization (IVF) treatment! An anti-inflammatory diet includes foods like lean proteins like fish, lentils, and low-fat poultry as well as whole grains, fruits, and vegetables.

Therefore, a careful change of your diet can boost your chances of successful pregnancy during fertility treatment, as high-quality nutrients help to provide a welcoming environment for your developing embryo that grows into a healthy baby in your womb.

Fresh fruits and vegetables are always beneficial to your health, but following IVF, you might want to try one or two of the following.:

- Kale
- Beets
- Berries
- Broccoli
- Dates
- Leafy Greens
- Pawpaw
- Cauli Flower
- Apple
- Watermelon
- Avocado
- Cucumber

Choose one or more of the **lean, healthy protein** options below, many of which are rich in fiber or include a lot of omega-3 fatty acids:

- Meat
- Beans
- Eggs
- Hummus
- Nuts
- Salmon
- Sardines
- Yogurt
- Chia Seeds
- Olive Oil





Foods to avoid after embryo transfer

Once your embryo is transferred, you should stay away from consuming alcohol; alcoholic beverages, caffeinated beverages, and sodas, junk food or foods that are high on calories and foods with a lot of sugar are unhealthy for you and the embryo. Foods lacking in nutritional value, could negatively impacting your reproductive health.

Patients are also advised to stay away from processed foods, processed meats, soft cheeses, pizza, and shawarma. Because to the preservatives and fillers in them, they typically have a negative impact on overall health and wellness.

After embryo transfer, **it is advised to avoid** these fruits due to their high acid content:

- Orange
- Ripe Banana
- Pineapple
- Grape
- Mandarins
- Lime
- Lemon

Below are other foods containing high saturated and polysaturated fat that should be consumed in **little quantity after embryo transfer**:

- **Refined Carbohydrate:** White bread, pasta, crackers, flour tortillas, biscuits
- **Fried Foods:** French fries, donuts, fried meats.
- **Processed Meats:** bacon, canned meat, salami, sausages
- **Trans Fats:** Vegetable oil and margarine
- **Red Meat:** beef, pork, and lamb

For More Information

Speak with our fertility counselor
0913 510 2505

