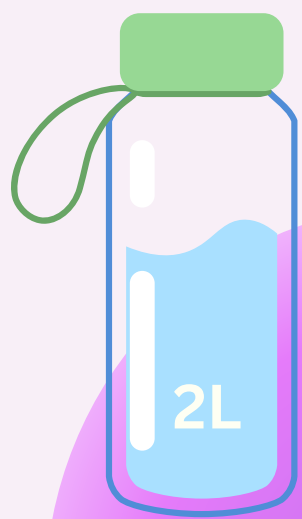


# General Advice

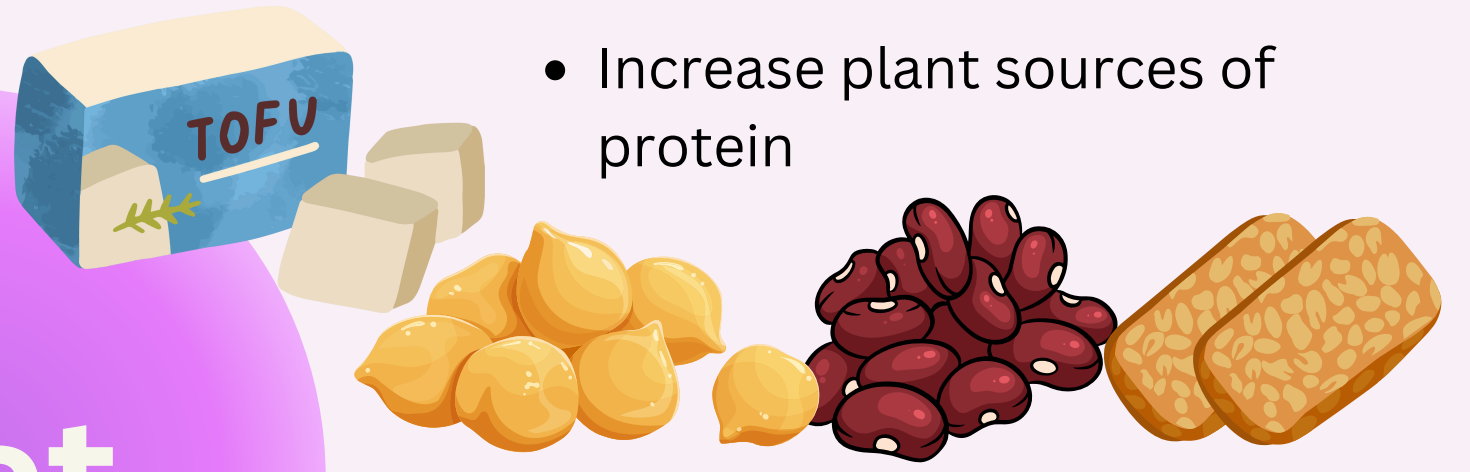


- Eat plenty of fruit and veg
- Drink 2L of water a day
- Aim for 30 different plants a week (includes spices)



# Proteins

- Increase plant sources of protein



# Diet

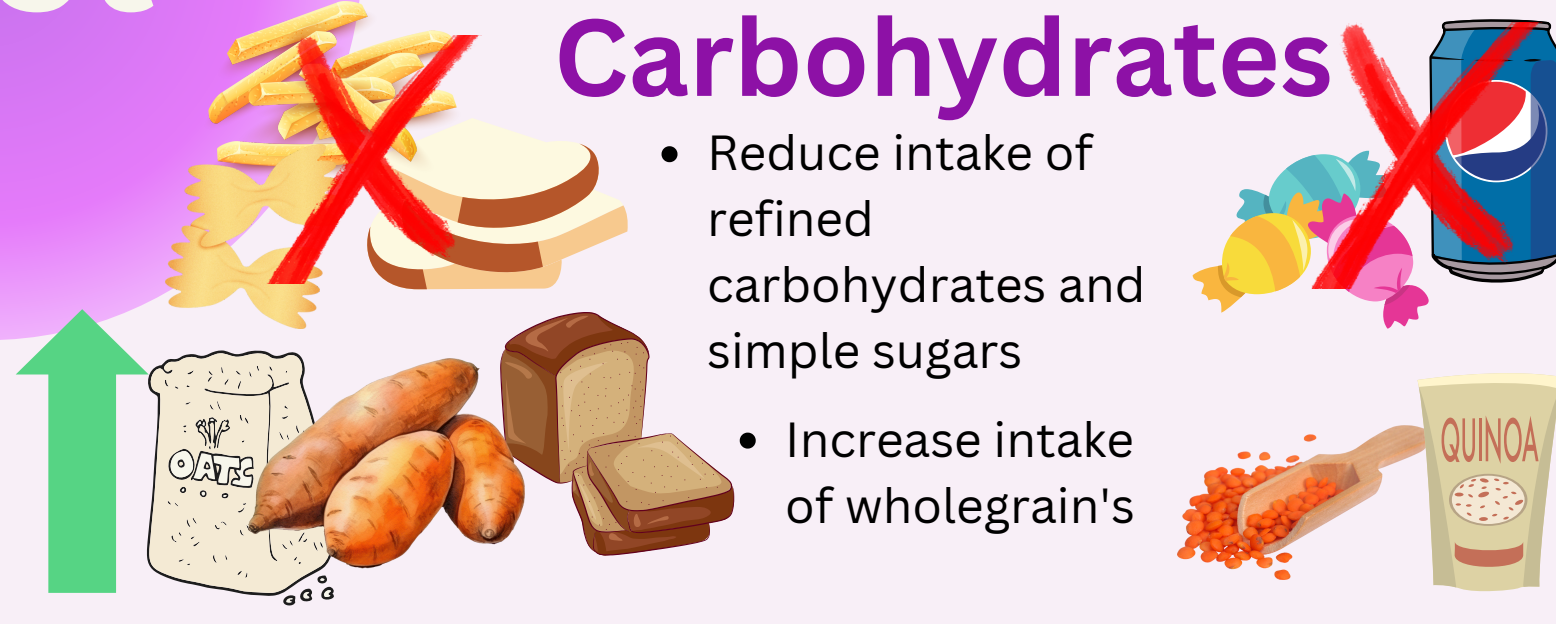
## Fats

- Decrease your intake of saturated fats and trans fats
- Increase your intake of monounsaturated fats



## Carbohydrates

- Reduce intake of refined carbohydrates and simple sugars
- Increase intake of wholegrain's



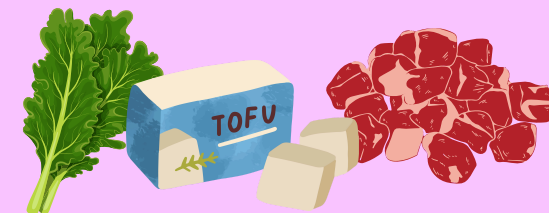
## Daily Vitamins, minerals and supplements Vitamins that preconception supplements should contain

**Folic Acid**  
400mcg /5mg if high risk



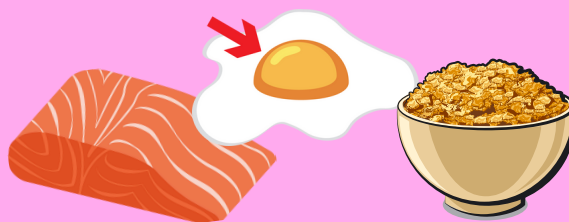
Promotes egg quality and reduces risk of neural tube defect

**Iron**  
14.8mg



Essential for healthy and regular ovulation

**Vitamin D**  
10mcg



Improves reproductive health

**Vitamin B12**  
1.5mcg



Important for implantation and maintaining a healthy pregnancy

**Omega 3**  
450mg EPA and DHA



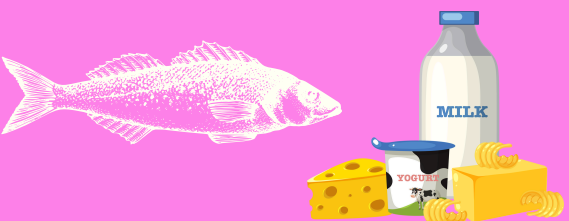
Improves egg quality and implantation. Max 2 servings of oily fish a week

**Calcium**  
700mg



Important for the development of the embryo

**Iodine**  
150mcg



Deficiency can lead to menstrual irregularities. Important for healthy baby development

**Zinc**  
8mg



Important for healthy ovulations and early development of the embryo

## Lifestyle

### Weight

Being underweight can:

- disrupt periods
- compromise the immune system



Obesity can:

- increase the risk of ovulation infertility
- reduce the ability of the egg to implant
- increases the risk of pregnancy related complications

Maternal pre-pregnancy weight is a strong predictor of fertility and pregnancy outcomes. Weight loss to a healthy BMI will provide the most benefit.

### Already active?

#### Keep Going

- In moderation exercise can help to increase fertility
- Over exercising can disrupt periods.



### Exercise

Aim for 30 minutes of moderate intensity exercise a day

### Not active?

#### Start Gradually

- Improves Sleep
- Improves mood
- Helps to control weight gain



### Sleep

Aim for adequate sleep (7-9 hours per night)



### Stress

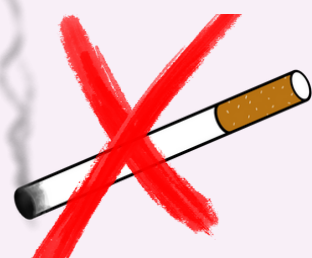
Stress can effect fertility. Make self care a priority

### Caffeine



- Increases risk of miscarriage
- Drink < 2 cups of coffee or 3 cups of tea per day

### Smoking



- leads to problems with menstrual cycle
- Reduces success of fertility treatment

### Alcohol



- Increases time to get pregnant
- Increases risk of miscarriage and birth defects

### Drugs



- Recreational drug use can compromise fertility (including steroids/gym supplements, cannabis and cocaine)



If you want to know more about the whys -scan this QR code