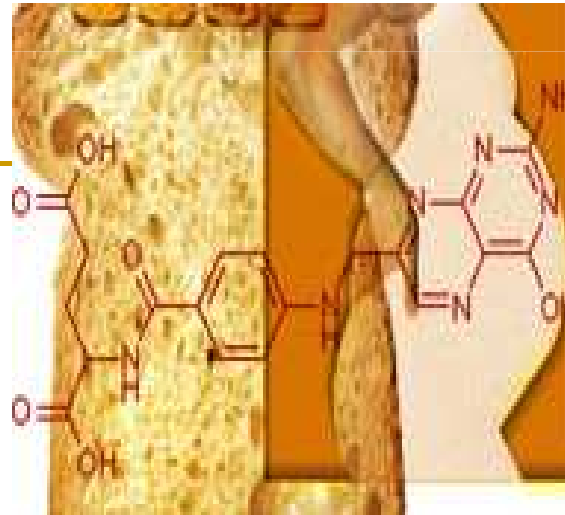


Fertile Food

Can you eat your way to pregnancy?



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Fertility Food Folklore

- Almonds – a fertility symbol throughout the ages. The aroma is thought to induce passion in a female.
 - Basil – said to stimulate sex drive and boost fertility.
 - Strawberries – have been called love nipples.
 - Cardamom – said to increase male vigor.
 - Avocado – has been called the “testicle tree” because it’s growing habit.
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The Fertility Diet

- A book written by a group of Harvard researchers.
 - Their recommendations are based on information provided to them by 18,000 women from the Nurse's Health Study, all with intentions of having a baby.
 - The Nurse's Health Study is a long-term research project that looks at the effects of diet and other factors on the development of chronic conditions.
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Fertility Boosting Strategies for Ovulatory Infertility

- Choose slow carbohydrates
 - Avoid trans fats
 - Eat more plant protein and less animal protein
 - Drink a glass of whole milk
 - Get into the “fertility zone” for weight
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Carbohydrates and Fertility

- The Harvard researchers found that it wasn't the amount of carbohydrates in the diet, it was the type.
 - Eating lots of carbs that digest quickly (fast carbs), white breads, bagels, rice, potatoes, and sugared sodas increases the risk of ovulatory infertility.
 - Eating slow carbs that are rich in fiber can improve fertility. Fiber also helps prevent gestational diabetes.
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Slow Carbs

Minimally processed foods

- ❑ Fresh fruit
- ❑ Whole grains
- ❑ Vegetables
- ❑ Unflavored milk
- ❑ Sugar free yogurt and pudding
- ❑ Legumes

Fast Carbs

Processed and sweetened foods

- ❑ Juice, canned fruit
 - ❑ White breads
 - ❑ Flavored milk
 - ❑ Sweetened yogurt
 - ❑ Cakes, cookies, pies, etc.
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Reading the Label: *Whole Wheat Pasta*

Ingredients: 100% durum *whole* wheat flour.



Nutrition Facts

Serving Size 2 oz. Dry (1 c cooked)

Servings Per Container 8

Amount Per Serving

Calories 190

Calories from Fat 15

%Daily Value

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 10mg <1%

Total Carbohydrates 34g 11%

Dietary Fiber 6g 24%

Sugars 0g

Protein 9g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 15%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The Fats Connection

- The amount of fat in the diet was *not* connected with ovulatory dysfunction, neither were cholesterol, saturated fats or monounsaturated fats.
 - Trans fats, however, were strongly linked with an increased risk of ovulatory infertility.
 - Effects of trans fats were seen with as little as a daily intake of 4 grams of trans fats per day.
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Where's the trans?

- 1 doughnut
 - 1 tablespoon stick margarine
 - ½ of a frozen pot pie
 - Medium order of French fries
 - 5 grams trans
 - 2 grams trans
 - 9 grams trans
 - 5 grams trans
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Trans Fat on the Food Label

Cheese Toast

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160 Calories from Fat 90	
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 6%
Thiamin 8%	• Riboflavin 6%
Niacin 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 30g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Protein

- Women with high protein intakes (>100 grams per day) were more likely to report ovulatory problems than women with lower protein intakes (~77 grams per day).
 - Researchers also found that ovulatory infertility was nearly 40% more likely in women with the highest intakes of animal protein.
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Protein

- Fish and eggs had no effect on ovulation.
 - Plant proteins are suspected to provide a modest protection against ovulatory infertility.
 - Nuts
 - Legumes
 - Soybeans/tofu
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Whole Milk??

- A fascinating finding from the Nurse's Health Study was that 1-2 servings per day of full fat dairy – whole milk, whole milk yogurt, 4% cottage cheese – seem to offer protection while skim and low-fat milk products do the opposite.
 - Removing cream from milk changes its balance of sex hormones in a way that could effect ovulation and conception.
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Whole Milk??

- There is very little research in the area of whole milk products, however, for someone trying to become pregnant, switching to whole milk ***temporarily*** may help improve the chances of becoming pregnant.
 - You might need to adjust your diet to make room for the extra calories from whole milk.
 - Once you become pregnant or if you decide to stop trying, go back to low-fat and skim milk products.
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“Fertility Zone” for Weight

It has been known for years that body fat affects reproduction.

Women who have too little body fat can have difficulty maintaining a pregnancy or stop menstruating altogether.

Women with too much body fat often have difficulty conceiving for other reasons, many of which affect ovulation.

“Fertility Zone” for Weight

- Infertility is least common in women with BMI's of 20-24.
 - For a 5'4" tall woman that is 116#-140#.
 - For women who struggle with being overweight, research indicates that a weight loss of as little as 5%-10% of current weight can dramatically improve ovulation and pregnancy rates.
 - For a woman who weights 250#, that is a loss of 12 ½ # - 25#.
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Menu to boost fertility

- Breakfast

- Banana-Walnut Smoothie
 - 1 cup whole milk vanilla yogurt blended with 1 cup frozen banana slices, 1 teaspoon honey, 1 tablespoon toasted chopped walnuts, dash of nutmeg, and ½ cup crushed ice

- Snack

- 2 Rye cracker, ½ oz cheddar cheese

- Lunch

- 2 cups 3-bean salad, ½ small avocado
- 2 tangerines

- Snack

- 4 dried apricot halves
- 1 ounce shelled pistachios

- Supper

- Orange-glazed salmon
- 1 ½ cups steamed cabbage with 2 tsp olive oil
- 1 small baked sweet potato
- 1 cup raspberries and blueberries

- Snack

- Apple
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