



Nutrition and Lifestyle Essentials for Fertility

Understand how to adopt nutritional habits proven to optimise your fertility.

There is a strong link between nutrition and fertility. What a woman (and her partner) eats before conception plays a significant role in many parts of the pregnancy journey. This includes how quickly they may fall pregnant, woman's health through pregnancy, as well as how their baby develops in the womb AND its long-term health.

The benefits of eating well, being active and managing your weight at this time are well known. However, it can still be hard to find the right information for you, and to remain empowered to make these changes.

Our Lifestyle Maternity resources are designed to assist you with these goals. We have designed our information sheet to be used with a goal planner and nutrition and activity trackers to help guide you to positively shape your behaviours.



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Quick facts about nutrition and fertility.

Despite clever marketing that tries to convince us otherwise, there are no specific foods that will help you fall pregnant.

However, from some large population studies we know that there is a **pattern of eating** that is more likely to **improve fertility**. This relates to the types of carbs and protein you eat, how you exercise and your weight.

Unsure if you need a GROUP OR INDIVIDUAL CONSULTATION?

We offer individual and group consultations as everyone has different learning styles and budgets. Attending an individual OR group session with a Lifestyle Maternity dietitian will allow you to assess your diet against recommended guidelines and identify changes that can be tailored to your lifestyle and dietary preferences.

Attending a **small online group** is a great way to share your own stories while also learning from others' experiences. We keep things engaging, using interactive activities and discussion points while learning the essentials of nutrition for fertility. An **individual consult** involves a more thorough assessment of your dietary and lifestyle patterns with a personalised action plan being developed in collaboration with the dietitian.

Both appointment types give you access to the Lifestyle Maternity members *Preconception members' area* with **Nutrition Essentials for Fertility** handouts and worksheets.