

Recommended Servings of

Fertility Superfoods

Plan Your Meals for Reproductive Health

Dark Leafy Greens

(E.g., Spinach, Kale, Swiss Chard):

- Recommended Serving: 1 cup of cooked greens or 2 cups of raw greens
- Include in salads, smoothies, or as a side dish



Berries

(E.g., Blueberries, Strawberries, Raspberries):

- Recommended Serving: 1 cup of fresh or frozen berries
- Enjoy as a snack, in yoghurt, or as a topping for oatmeal

Fatty Fish

(E.g., Salmon, Mackerel, Sardines):

- Recommended Serving: 85-113 grams of cooked fish
- Grill, bake, or broil for a delicious meal



Nuts and Seeds

(E.g., Almonds, Walnuts, Flaxseeds):

- Recommended Serving: 1 ounce (about a handful) of nuts or 2 tablespoons of seeds
- Add to salads, yoghurt, or enjoy as a quick snack



Whole Grains

(E.g., Quinoa, Brown Rice, Oats):

- Recommended Serving: ½ cup of cooked grains
- Use as a base for grain bowls, as a side dish, or in breakfast porridge



Note: These recommended servings provide optimal fertility support when integrated into a balanced diet. Consult with a healthcare professional or nutritionist for personalised guidance.