

PRE-PREGNANCY CHECKLIST



@FERTILITY.DIET

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A MUST READ IF YOU'RE THINKING
ABOUT HAVING A BABY

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WELCOME

I'M SO GLAD THAT YOU'RE HERE!

Hello and thank you for downloading this checklist. I'm here to support women wanting to boost fertility and optimise their pregnancy.

I understand that whether you are trying to conceive or pregnant, it can be mentally and physically exhausting with many opinions and conflicting advice on what to eat.

Having 3 kids of my own, I understand the challenges many women face in trying to conceive, growing a baby and caring for a newborn.

My personalised approach allows me to develop a plan that is right for you and your body.





THINGS TO CONSIDER

MEDICAL

Planning a family? It is important to consider a visit to your GP. Choose someone you trust and feel comfortable with, as it is best to have regular check ups. Ensure your GP completes the necessary tests to help you in your fertility journey.

NUTRITION

Nutrition matters. Connect with your fertility dietitian to optimise your diet and prescribe a prenatal supplement that is tailored to you.

LIFESTYLE

Planning a family means making some lifestyle changes, for both you and your partner. If you smoke, stop smoking, avoid alcohol and minimise your caffeine intake.

FINANCIAL

Are you thinking having your baby in the public or private sector? If you're thinking of having your baby in the private sector you need to have private health insurance for 12 months prior to falling pregnant.

PRE PREGNANCY CHECKLIST

NUTRITION

EAT THE RAINBOW

Choose a variety of colourful plant foods to increase your antioxidants. Antioxidants fight oxidative stress and improves egg health.

CARBOHYDRATE, PROTEIN & FIBRE

Consume more low GI carbohydrates such as wholegrain breads and grains. Low GI foods break down slowly and won't impact your insulin levels. Include protein with every meal as it helps promote new hormones.

ZINC

Zinc is super important for both partners! It helps protect against oxidative stress and promotes healthy egg and sperm!

CHECK YOUR VITAMIN D

Have you had your vitamin D checked recently? If you're trying for a baby, low vitamin D levels can impact egg and sperm quality.

FOLATE & IODINE

Folate (a.k.a folic acid) is a B-group vitamin and is especially important pre-conception and in the early stages of pregnancy. It reduces the risk of neural tube defects in babies.

It is also important to check that you're getting enough iodine.

CHOLINE

Choline is found in eggs. It is an important nutrient for the development of fetal brain and neural tube and may reduce the risk factors associated with pre-eclampsia.

PRE PREGNANCY CHECKLIST

NUTRITION

VITAMIN E

Vitamin E is an antioxidant which assists fertility as it may increase the endometrium lining and help with implantation.

SWAP TO FULL FAT MILK

When you're trying to conceive, skip the low fat and swap to full fat milk.

OMEGA 3

If you want to improve egg quality, sperm motility, sperm count and morphology, make sure you're getting plenty of omega 3 fatty acids! Try and include oily fish 2-3 x per week.

EXTRA PLANT BASED IRON

Keep your iron levels up, but swap to more plant-based iron sources such as legumes, lentils, nuts and green leafy vegetables.

LIMIT MERCURY

Fish is a great source of omega 3 fats, but it is best to avoid fish HIGH in mercury as it may lead to the development and learning delays in your baby.

AVOID TRANS FATS

Trans fats (unsaturated fatty acids) are the most harmful fats and are usually found in fried foods, margarines, pastry, biscuits and chips. Look for products that contain <1% trans fats.

PRE PREGNANCY CHECKLIST LIFESTYLE

PRENATAL SUPPLEMENT

3 months before trying to conceive, make sure you start a prenatal supplement. This supplement needs to be suited to your needs. Remember that one size does not fit all!

EXERCISE

Maintain a healthy lifestyle by incorporating exercise. Aim for 30 minutes of exercise at least 5 x per week. Exercise also helps to improve your mood.

STOP SMOKING

If you want to improve your chances of conception, it is super important that you stop smoking. This also includes social smoking.

REDUCE CAFFEINE

Limit caffeine intake to 200mg per day. This is roughly no more than 2 cups of coffee per day or 4 cups of black tea (also avoid caffeinated drinks such as energy drinks and cola).

AVOID ALCOHOL

It is ok to have 1 standard drink every now and again but when you're trying to conceive, it is best to avoid alcohol.

AVOID PLASTIC BPA

BPA is a synthetic compound found in plastics, such as water bottles, soft drinks, juice bottles and plastic containers.

BPA exposure can impact fertility as it might affect egg maturation and may reduce the number of eggs.

PRE PREGNANCY CHECKLIST CYCLE

STOP THE PILL

Before trying for a baby, stop your birth control at least a couple of months before.

This will allow your body and hormones to return to a normal state.

TRACK OVULATION

Ovulation is the process that happens usually once in every cycle when hormone changes trigger an ovary to release an egg. It is vital to know when you're ovulating to help you time intercourse.

TIME INTERCOURSE

Did you know an eggs survival is only 12-24hrs? While the sperm can live for up to 5 days! The window for falling pregnant is so small that it is important to understand your cycle and when to best have intercourse.

DO SEX POSITIONS MATTER?

Despite what you might have read, there is no evidence to support this.

AVOID LUBRICANTS

Commercial lubricants may have detrimental effects on the sperm so if you're trying to fall pregnant, it is best to avoid using lubricants.

AVOID EJACULATING

Yep you read correctly! To optimise conception, it is best that your partner does not ejaculate 2-3 days before your fertile window, as this will increase the sperm count!

GOAL PLANNER

MY GOAL:

MY WHY:

START DATE:

ACHIEVE BY:

ACTION STEPS:

-
-
-
-
-
-
-

NOTES & IDEAS:

DAILY

MINDSET PRACTICE

MORNING

TODAY'S MANTRA:

.....
.....

LOOKING FORWARD TO:

.....
.....
.....

TO MAKE TODAY GREAT, I WILL:

.....
.....
.....

EVENING

I AM GRATEFUL FOR:

.....
.....

PEOPLE I APPRECIATE:

.....
.....
.....

THREE GOOD THINGS TODAY:

.....
.....
.....

OTHER THOUGHTS



MOMENT TO REMEMBER





FERTILITY BOOSTING BERRY AND CHIA SMOOTHIE

SERVES 2

1/2 cup frozen blueberries
1/2 cup frozen strawberries
1/2 frozen banana

1 tsp chia seeds
1 cup almond milk
Crushed ice to serve

Place all ingredients into a blender and process until smooth. Add additional almond milk if smoothie is too thick. Pour into glass, and top with fresh berries and a sprinkle of chia seeds (optional)

READY FOR MORE?

Are you trying to conceive or have been trying to conceive for awhile? Are you undergoing assisted reproductive treatment?

I would love to work with you and help you optimise your fertility through a personalised nutrition and lifestyle approach. This checklist only highlights the key considerations and there is so much more to learn!

Apply now for a complimentary discovery call to learn more about how I can help you through my fertility programs.



APPLY NOW

Spaces are limited for my online programs so if you are interested to find out more, please complete the application form and I'll be in touch to organise a free discovery call.



