

Food support during fertility care

Flexible meals, practical planning and questions for your team

Make eating a little easier

For people preparing for fertility care, going through treatment or waiting for results. Start with page 2 for easy meals; use page 3 to plan a few days. Bring the questions on page 4 to your care team.

Hola. Treatment can take up enough of your day. Food can support your overall health and help treatment days feel more manageable. A difficult day or an imperfect meal is not a personal failure.

What this guide can and cannot promise

No specific meal, food temperature or cycle-phase menu is established as a way to make an embryo implant. This is a practical food guide, not an IVF diet protocol or a way to control the outcome. That statement reflects the limited and inconsistent evidence for diet and fertility outcomes. [1]

A flexible starting point

- Choose foods you enjoy and can access. Fresh, frozen and canned foods can all be useful.
- Build meals with a protein food, a grain or other starch, and fruit or vegetables when that works for you. Add flavor and fats you enjoy.
- Repeat easy meals. Ask for help with groceries or cooking when you need it.
- Follow specific medical, allergy, cultural and accessibility needs. Ask for a registered dietitian if eating is becoming difficult.

Foods I can usually manage on a low-energy day

One thing that would make meals easier this week

A clinician's fasting or fluid instructions for a procedure take priority over this guide. Do not improvise a pre-procedure diet.

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Four low-effort meals

These are flexible meal ideas, not nutritionally analyzed recipes or individualized portions. Use ingredients that are safe for you. Choose pasteurized dairy products and cook foods safely. [4,5]

A bean and rice bowl

Warm cooked rice and drained canned beans until steaming hot. Add cooked frozen vegetables, avocado or olive oil, and a sauce you enjoy. Start with about 1/2-1 cup each of rice and beans and adjust to your appetite. Swap rice for quinoa, a tortilla or another starch.

Eggs and toast

Cook two eggs until yolks and whites are firm. Serve with toast and fruit or vegetables. Swap eggs for thoroughly heated tofu or beans. A familiar, simple meal is enough; no “fertility” ingredient is required.

Yogurt, oats and fruit

Combine pasteurized yogurt with oats or a cereal you enjoy and washed fruit. Add nuts or seeds if safe for you. For a dairy-free option, choose a fortified alternative you tolerate; protein and nutrient content vary by product, so read the label.

A soup and sandwich meal

Heat a prepared bean or lentil soup until steaming hot and pair it with bread, toast or a simple sandwich. Use safely stored leftovers or frozen vegetables to make it more filling. Avoid unheated deli meat during pregnancy; use a cooked filling or follow CDC’s safer-food advice. [4]

Keep the backup simple

My two no-decision meals

Ingredients to keep on hand; substitutions for my allergies or needs

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Plan the next three days

Pick only a few meals. Leftovers and repeats count. This is a convenience plan, not a required eating schedule.

Meal or easy option 1

Meal or easy option 2

Meal or easy option 3

Backup meal or takeout choice

A short shopping list

Protein foods

Grains and starches

Fruit and vegetables

Other foods, flavor and drinks

Make help specific

A task I can hand off: shopping, washing produce, cooking, dishes or delivery

Who can help

When I need it

When appetite or nausea changes

Try smaller, manageable meals or snacks if that feels easier. Keep familiar foods available and ask your team about nausea or constipation rather than adding supplements or restriction rules. If you cannot keep fluids down or are urinating very little, contact your clinic promptly, especially after stimulation. [6]

What I am noticing and what I want to ask my team

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Food safety and supplement questions

When pregnancy is possible

Choose pasteurized milk, yogurt and juices; wash produce under running water. Heat queso fresco-type and deli-sliced cheeses to 165°F or until steaming hot. Avoid raw or undercooked meat, fish and eggs, raw sprouts, and unpasteurized products. Heat deli meat and hot dogs until steaming hot. Refrigerate perishables within 2 hours (1 hour above 90°F), keep the fridge at 40°F or below, and reheat leftovers to 165°F. [9] These are food-safety steps, not implantation techniques. [4,5]

Fish can be part of a varied diet. Use FDA/EPA's lower-mercury "Best Choices" list and its pregnancy guidance rather than avoiding all seafood. Ask your clinician about your own needs. [7]

Folic acid and a prenatal

CDC recommends 400 micrograms (mcg) of folic acid daily for people who could become pregnant. Common MTHFR variants are not a reason to avoid folic acid. Ask your clinician which prenatal and amount fit your history; do not add extra doses on your own. [2]

Herbs and other supplements

"Natural" does not automatically mean safe in treatment or pregnancy. Share exact product names, ingredients and amounts with your clinic or pharmacist before adding them. Do not assume herbal tea, CoQ10 or another supplement improves your chances. [3]

Ask your team

- ☐ Which prenatal or supplements, if any, fit my history? Could products overlap?
- ☐ Do any medicines, conditions or procedures change my food or fluid needs?
- ☐ What should I know about caffeine and alcohol at this stage?
- ☐ Could I see a registered dietitian for symptoms, diabetes, restrictions or food concerns?

There is no known safe amount of alcohol during pregnancy or while trying to get pregnant. Discuss caffeine and any individual limits with your care team. [8]

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Keep your team in the loop

Current vitamins, supplements and herbs: product, ingredients, amount and frequency

My clinic or dietitian’s specific instructions and the date confirmed

Sources and scope

General US education, not a nutrition prescription. Meals are editorial suggestions, not tested treatment interventions. This guide has not been approved by a clinician or dietitian.

[1] ASRM • Optimizing natural fertility (2022 opinion)

[2] CDC • MTHFR gene variant and folic acid facts (2026)

[3] NIH Office of Dietary Supplements • Pregnancy fact sheet (2025)

[4] CDC • Safer food choices for pregnant people

[5] FoodSafety.gov • Safe minimum internal temperatures

[6] ReproductiveFacts • Ovarian hyperstimulation syndrome

[7] FDA/EPA • Advice about eating fish

[8] CDC • About alcohol use during pregnancy

[9] FoodSafety.gov • Four steps to food safety

Sources checked October 1, 2026. [1-9] follow the order above.