Diet during IVF

During an IVF cycle, focus on eating healthy, balanced meals.

Your plate should include all colours of food. Colourful foods, which are generally fruits and vegetables, contain many of the vitamins and antioxidants we need with few calories. They are good source of folic acid, very important vitamin required for healthy pregnancy.

Green	Orange	Red	Yellow	Purple	White
Beans,	Carrots	Tomatoes	Lemon	Egg plant	Cauliflower
Spinach	Pumpkin	Red Bell pepper	Ginger	Cabbage	Mushroom
Broccoli	Sweet potatoes	Sweet Potatoes	Yellow bell peppers	Blue berries	Garlic
Bell pepper	Orange bell peppers	Beet root		Plum	Coconut
Cucumber	Oranges	Apples		Prunes	Raddish
Coriander	Keenu	Strawberries		Purple Grapes	
Cabbage	Peaches	Pomegranate			
Green apple	Cantaloupes	Water Melon			
Guava					
Pear					
Kiwi					
Musk Melon					

- Avoid packaged juices with added sugars.
- Add whole grains to diet like -millets, bajra, jowar, quinoa, whole grain pasta.
- Avoid highly refined grains like maida, polished rice. It is advisable to use brown rice ,wild rice instead.
- Add legumes like -lentils, chickpeas, beans.
- Use healthy fats in moderation like-mustard oil, groundnut oil, olive oil, nuts and seeds like pista, almonds, walnuts, pumpkin seeds (handful only).
- Use low fat dairy.
- Continue with intakes of chicken, fish, egg, etc. unless you have any particular allergy towards these foods.
- Avoid red meat, raw eggs, sugar, frozen and processed or packaged foods like chips, cookies, cake, pastry.
- Tea and lemon water (nimbu Pani) can be taken in diet.
- Cut down on caffeine intake. Limit to 1-2 cups a day.
- Recent studies have suggested that Mediterranean diet has been associated with favourable health and fertility outcomes.
- Coconut water is high in sugar, so should be taken only 1-2 per week, best to avoid.
- Papaya & Pineapple should be avoided as there is a belief that unripe papaya contains enzymes like papain and pineapple contains enzymes like Bromelian which can cause uterine contraction and may be associated with miscarriage.