

# The Fertility Plate

Eating for fertility supports hormone health, ovulation, and egg and sperm quality, and helps support a healthy start for baby. Here is a simple guide to The Fertility Plate.

<b>½ Plate</b>	<b>Fruits &amp; Vegetables</b>	Leafy greens, broccoli, bell peppers, berries, citrus, tomatoes, sweet potatoes
<b>¼ Plate</b>	<b>Protein</b>	Eggs, salmon, sardines, chicken, turkey, Greek yogurt, beans, lentils, tofu
<b>¼ Plate</b>	<b>Complex Carbohydrates</b>	Oats, quinoa, brown rice, farro, whole-grain bread, sweet potatoes, winter squash
<b>Some</b>	<b>Healthy Fats</b>	Olive oil, avocado, nuts, seeds, nut butters, fatty fish



Learn more about how you can support your fertility through nutrition visit: [foodandfertility.com](http://foodandfertility.com)