Hatch & Hope
WELLNESS GROUP

CHECKLIST

Fertility Nutrition & Supplements

Natural wellness products crafted with love

NUTRITION TO SUPPORT FERTILITY

- [ ] Eat leafy greens (spinach, kale, arugula) for folate
- [ ] Include healthy fats (avocados, olive oil, seeds, nuts)
- [ ] Consume lean and plant-based proteins (eggs, poultry, legumes)
- [ ] Choose whole grains (quinoa, oats, brown rice)
- [ ] Drink 2 L of water daily
- [ ] Avoid processed foods, trans fats, and refined sugar
- [ ] Limit alcohol and caffeine (under 200 mg/day)

KEY FERTILITY SUPPLEMENTS

- [ ] Prenatal vitamin with folate or methylfolate
- [ ] CoQ10 (ubiquinol) for egg and sperm quality
- [ ] Omega-3 fatty acids (DHA/EPA) for hormone support
- [ ] Vitamin D for immune and reproductive health
- [ ] Iron to prevent anemia and support uterine lining
- [ ] Zinc and selenium for hormone balance and sperm health
- [ ] Myo-inositol for ovarian function (especially PCOS)
- [ ] Probiotics to support gut and hormone health