


FUELING FERTILITY

Liz Bissell, MS, RD





WHAT ARE ANTIOXIDANTS?

Antioxidants are foods that have specific nutrients that fight oxidative stress and inflammation in the body. They have been shown to decrease risk of cardiovascular disease, cancer, diabetes, neurodegenerative disease, kidney disease, and lung disease.

Oxidative stress is the imbalance of how our bodies respond to stress which can affect the normal function of cells.

Flavanoids

- Apples
- Onions
- Dark chocolate
- Red cabbage

Carotenoids

- Bell peppers
- Carrots
- Yams
- Oranges
- Kale/spinach
- Mangoes

Polyphenols

- Chili peppers
- Turmeric
- Oats & whole grains
- Flaxseed & sesame seeds
- Berries
- Red wine

Lycopene

- Tomatoes (canned, fresh, pureed, sun-dried, etc.)
- Guava
- Watermelon
- Papaya
- Grapefruit

INCORPORATING ANTIOXIDANTS INTO YOUR DIET

TIPS:

- Adding berries to yogurt
- Topping avocado toast with sesame seeds
- Slice tomatoes to add to your side salad
- Pairing apples with peanut butter as a snack
- Sprinkling turmeric on roasted veggies

Set 3 goals for including antioxidants in your diet:

1

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2

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3

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Who Am I?

Liz Bissell, MS, RD

Dietitian and Owner of Liz Bissell Wellness

I specialize in helping women with Polycystic Ovary Syndrome (PCOS) adjust their nutrition and lifestyle to get pregnant.

My Philosophy: Helping women improve their nutrition and lifestyle for fertility based on realistic expectations.



Contact Me!

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