

# FUELING FERTILITY

### Liz Bissell, MS, RD





**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.

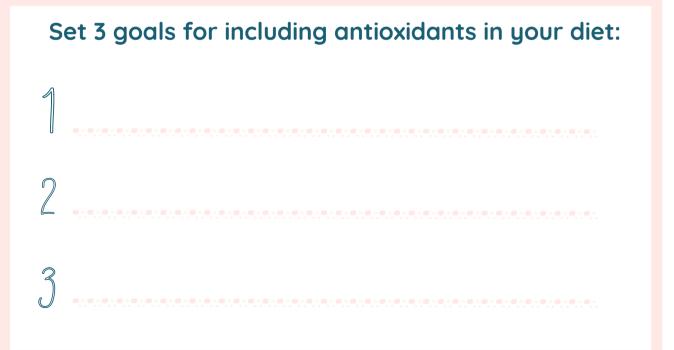
**Oxidative stress** is the imbalance of how our bodies respond to stress which can affect the normal function of cells.

Flavanoids • Apples • Onions • Dark chocolate • Red cabbage	Carotenoids • Bell peppers • Carrots • Yams • Oranges • Kale/spinach • Mangoes
<ul> <li>Polyphenols</li> <li>Chili peppers</li> <li>Turmeric</li> <li>Oats &amp; whole grains</li> <li>Flaxseed &amp; sesame seeds</li> <li>Berries</li> <li>Red wine</li> </ul>	<ul> <li>Lycopene</li> <li>Tomatoes (canned, fresh, pureed, sun-dried, etc.)</li> <li>Guava</li> <li>Watermelon</li> <li>Papaya</li> <li>Grapefruit</li> </ul>

## 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



Liz Bissell Est. 2019

#### 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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