Fertility-Friendly Smoothie Ingredients

Nutrition Fact Sheet | Approximate values per typical serving, based on USDA data

Ingredient	Serving	Calories	Key nutrients	Why it's included
Berries (blueberries, strawberries, blackberries)	1 cup (about 148 g)	~65	~4.7 g fiber, vitamin C (~50% DV), manganese (~31% DV)	Antioxidants and vitamin C against oxidative stress
Spinach (raw)	1 cup (30 g)	7	Vitamin K (~120% DV), folate (~15% DV), iron (~4% DV)	Folate, iron and antioxidants for ovulation support
Kiwi	1 medium (69 g)	42	2.1 g fiber, vitamin C (~71% DV), vitamin K (~23% DV), vitamin E (~6% DV), folate (~4% DV)	Vitamin C and E to protect eggs and sperm
Avocado	1/2 medium (100 g)	160	15 g fat (mostly monounsaturated), 6.7 g fiber, folate (~20% DV), vitamin E (~14% DV)	Healthy fats, folate and vitamin E
Chia seeds	1 tbsp (12 g)	58	4 g fiber, 2 g omega-3 (ALA), 2 g protein, magnesium (~8% DV)	Plant omega-3s for reproductive health
Pumpkin seeds	28 g (about 1/4 cup)	158	8.5 g protein, 14 g fat, zinc (~20% DV), magnesium (~37% DV)	Zinc and magnesium for both partners
Coconut water	1 cup (240 ml)	46	Potassium (~13% DV), magnesium (~15% DV), vitamin C (~10% DV), about 9 g natural sugar	Hydration and electrolytes
Full-fat plain yoghurt	1 cup (245 g)	149	8 g protein, 8 g fat, calcium (~21% DV), live probiotic cultures	Calcium, protein and probiotics

Notes

- DV = Daily Value, based on a 2,000-calorie diet.
- Berry values are an approximate average of equal parts blueberries, strawberries and blackberries. Strawberries are the highest in vitamin C.
- Values vary by brand, ripeness and portion size. Coconut milk differs widely between products, so check its label for exact values.
- Probiotic content depends on the product. Look for "live and active cultures".
- This is general information, not medical advice. People with allergies (seeds, dairy) or medical conditions, and anyone trying to conceive, should consult a healthcare professional.