

Nutrition for You, Your Partner & Your Future Baby: PRECONCEPTION



An Accredited Practising dietitian can help you optimise your nutrition for conception, pregnancy, and beyond, ensuring you meet nutrient needs and reduce risks of complications.

At Alchemy in Motion Noosa our dietitian holds additional certifications in fertility and prenatal nutrition. Optimising nutrition can improve your chances of conceiving and support your baby's lifelong health.

Preconception Care

Ideally both partners should see a dietitian at least three months before conception. Nutrition before conception plays a vital role in supporting fertility and influencing the long-term health of your baby. Eggs and sperm take approximately three months to mature, what you eat during this time can directly affect their quality and shape your baby's future health.

- **Thinking about conceiving in the next 12 months:** Both partners benefit from seeing a dietitian. Ideally, book an appointment at least three months before trying for a baby to allow time for dietary changes to take effect.
- **Managing specific health conditions:** If you have diabetes, PCOS, thyroid issues, coeliac disease, or other chronic health conditions, a dietitian can help you manage these conditions and optimise fertility outcomes.
- **Following specialised diets:** If you follow a vegetarian, vegan, or have food allergies or intolerances, a dietitian can help ensure you're meeting all your nutritional needs.
- **Concerns about weight:** If your BMI is above or below the healthy range, or if you have a history of weight cycling ("yo-yo dieting"), a dietitian can provide guidance on achieving a safe and healthy weight for conception.
- **Navigating supplements:** If you're unsure which supplements are right for you, such as folate, iodine or prenatal multivitamins, a dietitian can tailor recommendations to your unique needs.

Next Steps

Nutrition matters at every stage from planning to conceive, through each trimester, and into postpartum recovery. Individualised dietitian support helps optimise fertility, nurture healthy pregnancy outcomes, and empower new parents to thrive. Ready to take the next step in your journey? **Book a consultation today** to receive practical, compassionate support tailored to your stage of life and unique needs.

