



## After Embryo Transfer Diet Chart

To promote implantation and improve the effectiveness of IVF, adhere to World Fertility Services' balanced [After Embryo Transfer Diet Chart](#). Add foods high in protein, fresh produce, whole grains, and lots of water. Steer clear of processed meals, alcohol, and caffeine. This meticulously crafted meal plan helps you maintain optimal nutrition throughout your IVF journey with World Fertility Services by promoting hormonal balance, enhancing uterine health, and accelerating embryo growth.



# After Embryo Transfer Diet Chart



**Fruits**



**Vegetables**



**Whole Grains**



**Lean Protein**



**Consume  
Healthy Fats**

Olive oil, nuts, seeds



## Eat Protein-Rich Foods

Lean meat, eggs, dairy



**Folic Acid**

Consume foods rich in folic acid



**Protein**

Lean meats, eggs and legumes



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