- Low-carbohydrate diet / Polycystic Ovary Syndrome (PCOS)

Keto diet may help in boosting fertility health

DT Next · 23 Dec 2022 · 4 · Consultant, Nova IVF Fertility

The keto diet is a lifestyle choice that focuses on eating healthy fats and proteins while cutting out most carbs (including sugar). The idea behind the keto diet is that when you cut carbs from your diet, the body turns to burning fat for fuel, going into a natural metabolic state known as "ketosis." This process produces ketones, which act as an alternative energy source for the brain and muscles.

When it comes to the benefits on reproductive health and well-being, there may be possible benefits associated with a keto diet, such as rapid weight loss and bringing down insulin levels to a healthier range. Sperm health is directly related to dietary consumption. Including extra sugar and carbohydrates in your diet can alter sperm motility and even morphology. Following a keto diet, consisting of omega-rich meals, vitamins and others, can boost sperm quality and consequently, the fertility rate in males.

Because of its low-carb and highfat nature, the keto diet makes our bodies more efficient at burning fat for energy, resulting in fat loss over time that indirectly benefits fertility health.

PCOS results in the ovaries becoming more sensitive, which affects the fertility health of women. A keto diet may aid the cause in such cases, as some studies have indicated. Adhering to a keto diet can improve hormone levels, including the reproductive hormones and their functions.

Challenges with a keto diet

Excessive consumption of saturated fats from unhealthy sources can raise cholesterol levels, which is not good for fertility health. Moreover, adhering to a very carb-restrictive diet like keto is challenging to implement, can be problematic for an individual's relationship with food and may raise stress levels, which can be consequential for an individual's overall fertility health.

It's best to stick with and follow through with a more balanced approach to diet that not only nourishes one's body and mind but is also more practical to stick to in an everyday scenario. Incorporating good sources of healthy carbohydrates to spread out the distribution of macronutrients in a diet is a good way to accomplish that.