

# Is there a link between dietary patterns and infertility treatment outcomes?

August 23 2023, by Elana Gotkine

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Adherence to the American Heart Association (AHA) diet is inversely

associated with clinical pregnancy loss in women achieving pregnancy during the course of infertility treatment, according to a study published online Aug. 18 in *JAMA Network Open*.

Albert Salas-Huetos, Ph.D., from Harvard T.H. Chan School of Public Health in Boston, and colleagues examined whether women's adherence to an a priori-defined [dietary pattern](#) promoted for prevention of chronic conditions is associated with infertility treatment outcomes in a prospective cohort study. A total of 612 women undergoing infertility treatment cycles, including intrauterine insemination cycles and in vitro fertilization with or without [intracytoplasmic sperm injection](#), were included.

The researchers observed no association between adherence to the eight a priori [dietary patterns](#) with probability of clinical pregnancy or live birth following in vitro fertilization or intrauterine insemination. Adherence to the AHA dietary pattern was inversely associated with risks for total and clinical pregnancy loss.

The adjusted probabilities of pregnancy loss in the lowest and highest quartile of the AHA dietary pattern were 0.41 and 0.28, respectively, among [women](#) who became pregnant during the course of infertility treatment. The corresponding adjusted probabilities were 0.30 and 0.15 for clinical pregnancy loss. For all other dietary patterns, except for the plant-based diet pattern, a similar pattern was observed.

"Our findings provide useful information that can be used in the design of future studies aimed at testing the effects of nutritional interventions on human fertility," the authors write.

**More information:** Albert Salas-Huetos et al, Women's Adherence to Healthy Dietary Patterns and Outcomes of Infertility Treatment, *JAMA Network Open* (2023). [DOI: 10.1001/jamanetworkopen.2023.29982](https://doi.org/10.1001/jamanetworkopen.2023.29982)

Antonia F. Oladipo et al, Baseline Dietary Patterns and Infertility Treatment Outcomes—Setting the Right Foundation, *JAMA Network Open* (2023). [DOI: 10.1001/jamanetworkopen.2023.29988](https://doi.org/10.1001/jamanetworkopen.2023.29988)

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