



FERTILITY FOODS

A healthy diet is the foundation to ensuring optimal nutrition during the preconception period and throughout pregnancy. Packaged and processed foods should be avoided with the emphasis being on fresh live foods and organic where possible. Your diet when trying to conceive needs to be rich in vitamins, minerals, protein, Omega 3 fatty acids, antioxidant foods and fibre with less emphasis on grains (especially wheat) and dairy foods.

VEGETABLES

- Vegetables should be the bulk of your diet with a minimum of 8 different vegetables of all colors to be consumed daily
- Avoid overcooking your veges, and instead opt for steamed, raw, salads, vege juices or as snacks with healthy dips etc
- Broccoli, cauliflower, cabbage, kale, Brussel sprouts and cabbage have all exhibited hormone regulating properties (don't overeat these though if you have been diagnosed hypothyroid)
- Spinach, beetroot, artichoke, tomatoes, bok choy, sprouts, avocados, sweet potato, seaweed and lots of dark leafy greens (good sources of folic acid) are all important for fertility
- Use fresh and dried herbs liberally esp. turmeric, garlic, basil, parsley, sage, mint, cinnamon, ginger, rosemary, oregano and dukkah. Herbs are medicinal foods and will increase the antioxidant content of your meals

FRUIT

- Maximum of 3 pieces daily as too much fruit can disturb blood sugar levels
- Berries such as blueberries, Goji berries, raspberries, cranberries are all great sources of antioxidants
- Pomegranates, coconuts, grapefruit, lemon and oranges are also all beneficial

NUTS AND SEEDS

- Nuts and seeds should be daily foods
- Better nuts to choose include walnuts, cashews, hazelnuts, almonds, and brazil nuts
- And seeds should include flaxseed, chia seeds, pepitas, quinoa and sesame seeds. LSA is great sprinkled on mueslis, yoghurt and salads.
- Nut spreads and tahini make great snack foods

GRAINS, LEGUMES AND BEANS

- Avoid white grains and wheat based products
- Alternative gluten free grains are better choices including buckwheat, amaranth, brown rice, quinoa, sprouted breads etc (many studies have linked gluten free diets with an increase in fertility)
- Chickpeas, lentils and beans are a great source of fibre
- Watch the amount of soya based foods, however as too much soy may have an impact on hormonal balance



DAIRY FOODS

- Diets, which include too many dairy foods, may also impact on fertility. Kefir and organic yoghurts are better sources of dairy
- Goat and sheep's cheese and yoghurts are also preferred
- Try alternative milks including rice, oat, quinoa and almond
- Other high calcium foods include sesame, tahini, hummus, seaweed, almonds, chia seeds, quinoa and dark leafy green veges

FATS

- Good fats are also necessary for healthy hormone production
- Avoid low fat or products containing trans saturated fats such as margarine
- Good fats can be found in fish, eggs, yoghurt, nuts, seeds, avocados and olive, coconut and flaxseed oil (flax oil can only be used raw)

ANIMAL PROTEIN

- Cold-water deep sea fish are a great source of omega 3 fatty acids and protein.
- Sardines, wild salmon, ocean whiting, ocean trout and some canned tuna and salmon are preferred due to their low mercury content
- Fish to avoid include shark, swordfish, tuna, orange roughy, deep sea perch and marlin due to the elevated levels of mercury contamination
- Red meat should be eaten in moderation with lamb and kangaroo being the healthiest choices
- All chicken and eggs should be organic or at least chemical free

ANTIOXIDANT FOODS AND SUPERFOODS

- Antioxidant foods should be eaten daily and include coconut and coconut water, acai berries, chia seeds, all berries, pomegranates, fresh herbs, nuts, avocados, tomatoes, green tea, green powders (including spirulina, barley grass, chlorella, kelp, chlorophyll etc)
- A smoothie is an easy way to include super foods in your diet. A great smoothie can include combinations of coconut water, almond milk, LSA, flaxseed oil, spirulina, kefir, berries, chia seeds, acai berries, agave syrup etc
- If you need a treat dark organic chocolate is delicious and also high in antioxidants

When trying to conceive every mouthful does count and it's vital you are getting bang from your dietary buck – or maximum nutrition from your calories

Watch out side effects to a more nutritious diet may include weight loss, better energy levels, better sleep, healthy skin and improved reproductive health and vitality