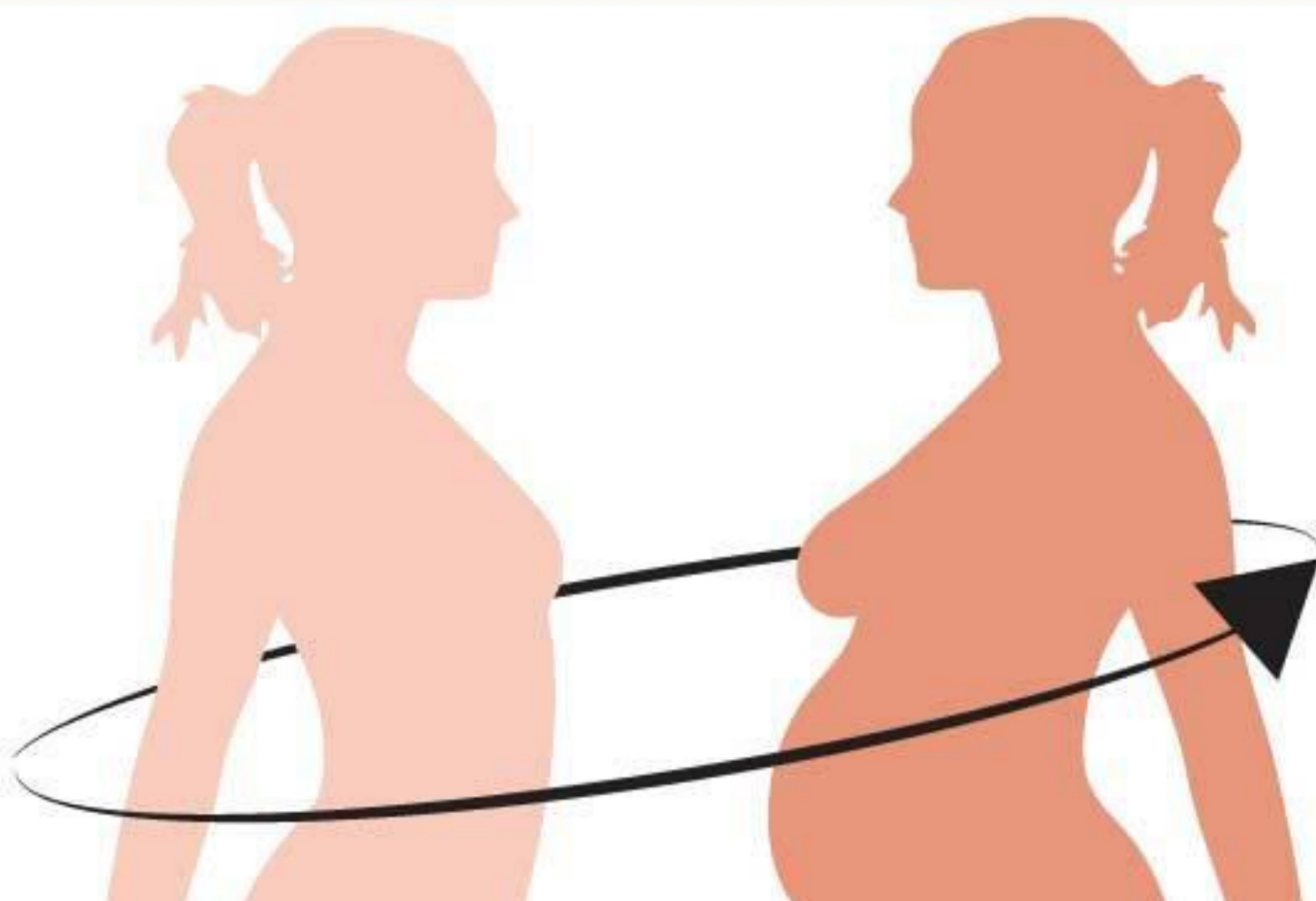
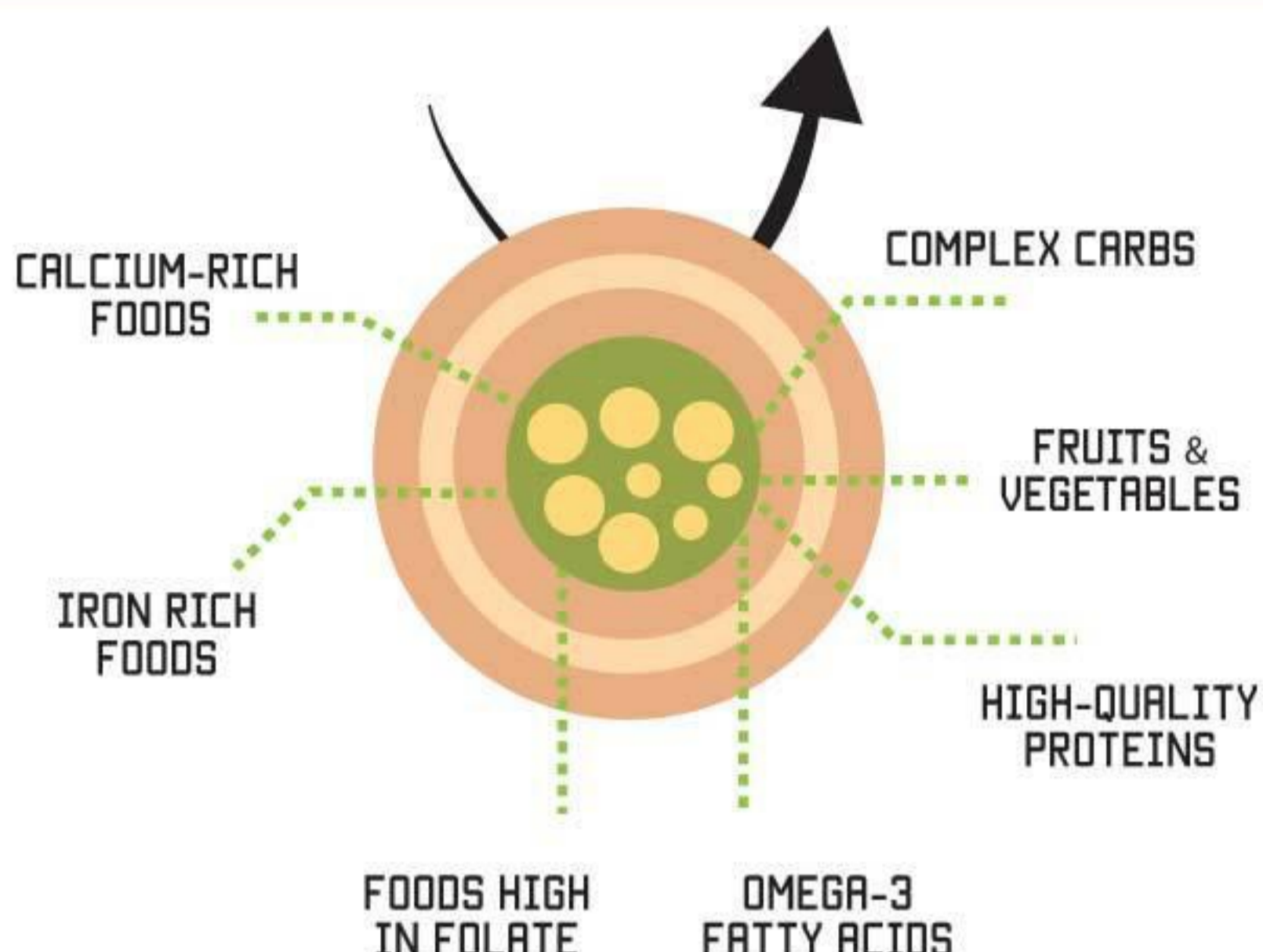


WHAT TO EAT WHEN TRYING TO CONCEIVE



THE RIGHT DIET CAN HELP YOU GET PREGNANT



THE WHY & HOW ?

FOODS HIGH IN FOLATE

May Improve Ovulation and Reduce the Risk of Birth Defects



Lentils

Beans

Asparagus

Spinach

Broccoli

Vital for Building Cells and Tissues, Crucial to Fetal Growth

HIGH-QUALITY PROTEINS



Fish

Eggs

Poultry

Beans

Nuts & Seeds

CALCIUM-RICH FOODS

Necessary for Conception and Healthy Reproductive System



Dairy Products

Dark Green Leafy Vegetables

Broccoli

Figs

Sardines

OMEGA-3 FATTY ACIDS

May Help to Regulate Reproductive Hormones and Increase Blood Flow to the Reproductive Organs



Wild Salmon

Sardines

Herring

Flaxseeds

Walnuts

IRON RICH FOODS

May Reduce the Risk of Ovulatory Infertility



Red Meat

Seafood

Beans

Dark Green Leafy Vegetables

Pumpkin Seeds

Help to Stabilize Blood Sugar Levels (*Increased Insulin Levels Can Disrupt Reproductive Hormones)

COMPLEX CARBS



Brown Rice

Quinoa

Whole Grain Bread

Beans

Oatmeal



SOURCES:

[HTTP://WWW.PARENTS.COM/PREGNANCY/MY-BODY/NUTRITION/WHAT-TO-EAT-WHEN-TRYING-TO-GET-PREGNANT/?SLIDEID=30981](http://www.parents.com/pregnancy/my-body/nutrition/what-to-eat-when-trying-to-get-pregnant/?slideid=30981)

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[HTTP://WWW.WHFOODS.COM/](http://www.whfoods.com/)

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What to Eat when Trying to Conceive

If you have been having problems getting pregnant you might consider making some lifestyle changes before attempting actual fertility treatments. We all know that smoking and alcohol are not pregnancy friendly. But avoiding those is not enough. If you eat a standard diet your meal probably consists of various packaged and processed foods. That is something that has to change.

Changing your diet is a major change you can benefit from. Avoiding trans fats, eating more complex carbs, quality proteins and enriching your diet with plenty of fruits and vegetables may not only make you healthier but also more fertile. The food we eat influences every aspect of our health. There should be no surprise that it may also affect your chances of getting pregnant and your ability to provide your baby with a healthy environment to develop in. The following infographic describes how certain foods can influence your fertility.

Via: <https://www.parentsrepublic.com/increase-chances-getting-pregnant/>