

# **Pregnancy Diet: What to Eat When Trying To Conceive**

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Pregnancy diet should not only be followed when you are pregnant but also while you are trying to conceive. In this article we'll look at 8 foods which have solid research behind them. Research which proves that they have a therapeutic effect on the body.

*"Let food by thy medicine and medicine thy food"*

This millennia old saying from the father of medicine himself - Hippocrates - shows that even in the ancient times, when old wise men gathered in the temples to discuss the ways of the world, they had evidence that food can heal.

So without further ado, if you are trying to get pregnant one or more of these eight foods should be featuring in your pregnancy diet and on your breakfast, lunch or dinner plate each day!

## **8 Pregnancy Diet and Fertility Boosting Foods**

**Blueberries** - Daily consumption in your pregnancy diet improves insulin sensitivity in overweight, non-diabetic and insulin resistant people in six weeks. This is beneficial for overweight men and women who are trying to conceive and for women with PCOS. Aim to have a handful a day in a smoothie.

**Walnuts** - Are rich in omega 3 essential fatty acids which have been shown to have anti-inflammatory properties. This is beneficial for women with endometriosis, adhesions, auto-immune conditions, and those suffering from hormonal imbalances and recurrent miscarriages. Essential fatty acids play a key role in hormone generation and are great for your pregnancy diet. Aim to have a handful of walnuts a day, eaten raw or added to smoothies and salad.

**Almonds** - Fiber in almonds blocks some of the fat calories from being absorbed. This is beneficial if you are trying to lose some weight to improve your odds of conception. Almonds are also rich in essential fatty acids omega 3 and 6 and are rich in amino acids. They make a great snack you can take to work and are quite filling.

**Pecans** - Are a rich source of vitamin E. Vitamin E is essential in egg and sperm formation and protects them from oxidative damage from free radicals and EM radiation. This antioxidant protection is particularly important in older couples over 38 years of age.

**Black raspberries** - Have been found to be highly effective in preventing intestinal tumors. This property of black raspberries could potentially also be beneficial for hindering development of other growths such as uterine fibroids and polyps. Note black raspberries are not the same as blackberries.

**Quinoa** - Contains all amino acids and is a great source of protein in vegan and vegetarian diet. You can

also sprout the quinoa seeds. Quinoa sprouts contain potent polyphenol compounds which act as antioxidants and they also contain enzymes. Enzymes are important for a thorough digestion of food, which in turn ensures that you can absorb most of the nutrients from your food. Containing all of the amino acids quinoa is a great source of L-Arginine, L-Histidine and L-Carnitine necessary for sperm health.

**Barley** - Studies spanning over 20 years found that barley lowers bad cholesterol. Hormones are made from cholesterol. For good quality hormones you want to increase your good cholesterol (HDL) and lower your bad cholesterol (LDL).

**Broccoli and Cauliflower** - Mop up excess estrogen from the diet. This is especially beneficial if you eat food high xenoestrogens from plastic, pesticides, and other chemicals used in farming and food processing. Studies have also found that this duo reduces the risk of prostate cancer.

These delicious eight foods can be easily integrated into your pregnancy diet for breakfast, lunch and dinner. Think nutty smoothies with blueberries, steamed broccoli and cauliflower drizzled with olive oil and lemon and sprinkled with sea salt and crumbled walnuts, quinoa porridge with pecans, barley mushroom risotto... options are endless!

Are you following a pregnancy diet? What are your favorite fertility boosting foods? Would love to hear from you!

Source: The Institute of Food Technologists