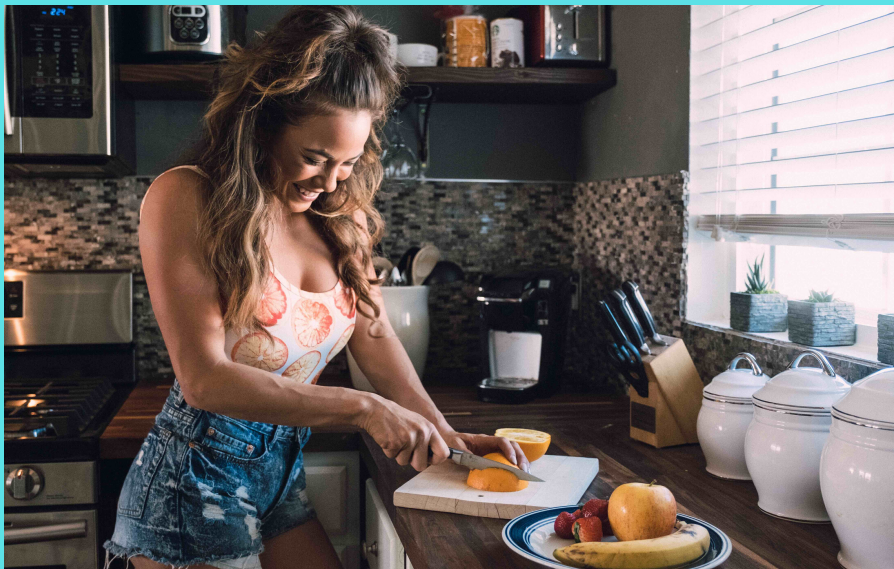


GUIDE TO NUTRITION TRYING TO CONCEIVE

***NUTRITION &
FERTILITY ARE
LINKED***



Disclaimer: I am a certified NASM Fitness Nutrition Specialist, but I am not a doctor or registered dietitian. Please consult with a physician before implementing these recommended programs. Legg Day Fitness programs are not intended to diagnose, treat, cure or prevent disease or any conditions. There is no guarantee on specific results and individual results may vary. Legg Day Fitness does not give you permission to copy/paste/share individualized plans with others. This guide is based solely on personal experiences, discoveries and information Ashley Legg has obtained during her pre-pregnancy/pregnancy journey. It is intended to use this guide as an outlet to dive deeper into the knowledge gained from said experiences, and share it with a larger audience. This guide should NOT be used in place of, or undermine the advice of, a medical doctor. A use this guide for educational purposes only. A use at your own discretion with your doctor's clearance.



Research shows that food & healthy nutrition are tied to fertility health in both women and men. The most important thing to note is that your body is getting enough nutrients, vitamins & minerals to balance hormones and for optimal reproductive functioning. A healthy, balanced diet may be able to boost your chances of conceiving.

NO MORE DIETING

Focus on well balanced meals of protein/fat/carbs. It's crucial. So, no more depriving yourself. It's time to fuel your body.

TOP NUTRIENTS

**ALL NUTRIENTS ARE
IMPORTANT,
BUT THOSE AT TOP OF THE
LIST DURING PRE-
PREGNANCY/PREGNANCY
ARE:**

FOLIC ACID

IRON

CALCIUM

VITAMIN D

DHA

IODINE

**THESE 6 NUTRIENTS SHOULD BE PRESENT IN YOUR
PRENATAL VITAMIN,
SO IT'S IMPORTANT TO TALK WITH YOUR DOCTOR
ABOUT BASELINE TESTING,
WHICH SHOULD TELL YOU MORE ABOUT YOUR
NUTRIENT NEEDS,
WHAT YOU LACK IN & WHAT YOU COULD USE MORE
OF...**

TIPS TO IMPLEMENT NOW

1. Eat real whole food-Avoid processed foods as much as possible. Eat fresh!
2. Eat enough- Eat to be healthy from the inside/out.
3. Meal prep-Prepare to succeed always. Prep and pack your food ahead!

WHAT SHOULD I EAT IN A DAY?

FOCUS ON QUALITY FOODS. WHAT DOES THAT MEAN? FRESH FOODS JAM PACKED WITH NUTRIENTS, BENEFICIAL FOR YOUR BODY LIKE VITAMINS AND MINERALS.

BUILDING A BALANCED MEAL

IDEAL EATING DAY: I RECOMMEND FOCUSING EVERY MEAL AROUND A PROTEIN SOURCE, CARB, FAT + FRUIT/VEGGIE AND AIM TO EAT 3-5 MEALS PER DAY + 1-2 SNACKS.

BREAKING IT DOWN...

Protein

Protein helps build and maintain body structures and regulates body processes. Plus protein keeps you fuller longer. When setting up your meals, focus on protein first. For example, say I choose lean fish like walleye; I may add rice & green beans to that meal. If I want chicken, I'd probably pair that with sweet potatoes and broccoli. Or take Greek yogurt for example, I'd pair that with blueberries + granola.



Carbs

Carbs are the body's main energy source. Don't fear carbs! Think of them as gasoline to a car. We need them to run properly and effectively. Some of my favorite healthy carbs are oatmeal, sweet potatoes/red potatoes, jasmine & brown rice.

Fats & fruits/veggies



Fats are important because they too supply energy and support cell growth. Fats also help protect our organs, absorb nutrients and produce hormones. Healthy fats play a huge role in development of you baby as well. Some of my fav healthy fats include: avocado, olive oil, mixed nuts and salmon.

Fruits & veggies matter because they provide micronutrients, the vitamins and minerals in our diet. Our bodies only need minimal traces of these nutrients, however they are still crucial. Vitamins and minerals are in a lot of fruits and vegetables and other foods we eat on a daily basis.

WHAT TO REDUCE & GET RID OF



Caffeine: Many health officials recommend you reduce caffeine intake (including chocolate), as research has shown overconsumption may reduce fertility by more than 25% and hinders the body from absorbing iron & calcium optimally. Ideally stick around 200 mg or less per day which equates to 2 cups of coffee. Example for dark chocolate (60-85% cacao solids) 1 ounce (1/4 Lindt chocolate bar) = 23 milligrams of caffeine.

Other:

Other things to reduce are artificial sweeteners and alcohol consumption. Things to get rid of are recreational drugs, cigarettes and second-hand smoke. These all have the potential of harming your soon to be conceived baby.

THE TAKEAWAY

Don't be afraid to EAT! Food is FUEL! Eat to NOURISH and POWER your body! Eat to build a strong foundation for you & your future baby!



The possibilities are endless! Don't get stuck eating the same boring meals over and over again. Be creative, have fun with it and make it yummy.

Meal prepping is KEY. You don't want to find yourself hungry without a meal to eat and don't know what to make. That's when you might give into temptation and make unhealthy choices that aren't as optimal for you.