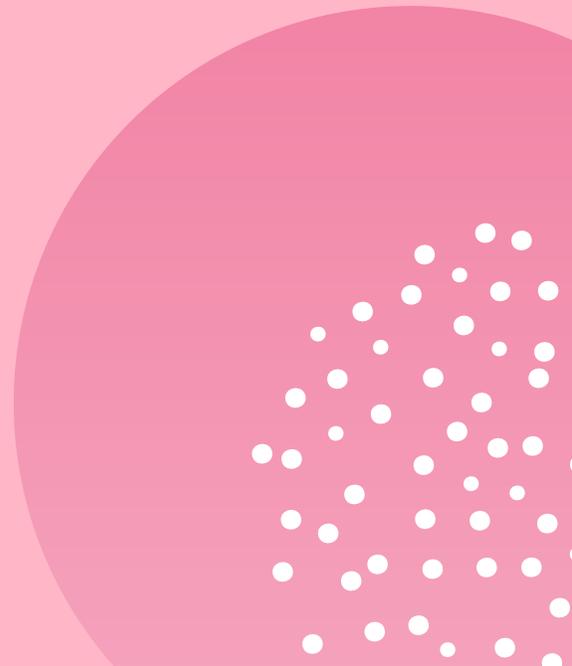
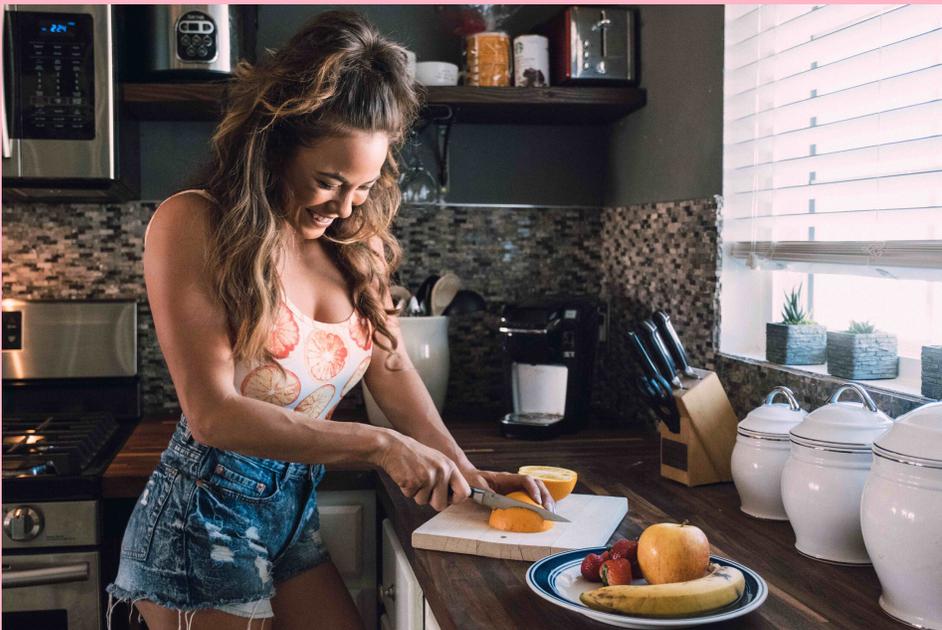


# TRYING TO CONCEIVE

WHAT TO EAT/WHAT NOT TO EAT CHEAT SHEET



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# What to Eat!

*A healthy diet filled with beneficial nutrients is crucial for your body to function optimally. So it's no different for women needing specific vitamins and nutrients to help their body to regulate hormones, ovulate normally, conceive a baby, and prepare for a healthy pregnancy!*

It's so EASY to make a few delicious changes to your diet so that you can have a healthy conception and pregnancy. So get excited & enjoy trying new foods that bring more color to your eating lifestyle!

The trying to conceive process is delicate, intricate and precise.

It's important to know exactly what you should be putting into your body at each stage in order to give your body the best chance of success.

# What to Eat Summary!



WATER  
FRUITS  
VEGGIES  
LEAN PROTEIN  
WHOLE GRAINS  
DAIRY  
HEALTHY FATS

# NUTRITION

## *What to Eat*

**Load up on fruits and veggies, try to avoid processed foods and make sure you're getting enough whole grains, lean protein and dairy. And of course, make sure you're taking prenatal vitamins. Plus drink lots of...**

### **Water**

*Water is vital for the human body. It helps everything run smoothly, it also helps in transporting hormones throughout your body and when developing the critical follicles for conception. Plus, drinking plenty of water helps thin out your cervical fluid, giving sperm the best chance of getting to their destination, to meet the egg. I would aim for 60-100 ounces of water per day. Drink up!*

### **Fruits & veggies**

*Micronutrients are necessary for productive health. Aim for 2-3 cups of fruits and vegetables every day when trying to conceive. Think the more color the better! The vitamins & minerals that fruits & veggies provide you are vital for your body to do the job that you are asking it to do. Studies show that many of the problems with infertility that couples suffer from are directly related to the lack of certain nutrients in their bodies.*

# Fruits & Veggies Continued...

Add in some of my favs!

Berries: packed with natural antioxidants plus anti-inflammatory phytonutrients, said to boost fertility for both women/men.

Bananas: high in B6, an important vitamin that helps regulate hormones. Hormones determine whether you ovulate.

Veggies: high in folic acid, which has been said to improve ovulation. Stock up on asparagus, avocados, spinach, romaine, arugula, broccoli, and other dark leafy greens.



# WHOLE GRAINS

Whole grains are full of B vitamins, Fiber & antioxidants. By choosing whole grain foods instead of white breads or white rice, it will have a positive effect on your blood sugar and the insulin levels in your body. If your insulin is functioning properly, your hormone levels are more likely to stay well-balanced.

B vitamins – essential for healthy fertility and pregnancy. Some of the more well-known are B12 and folic acid (B9).

Fiber – fiber helps the body to get rid of excess estrogen, helps to keep the colon clean, and take more time to digest so there isn't a quick rise in blood sugar.

Antioxidants – antioxidants protect the cell's DNA, helping to preserve ovum (egg) health as well as repair and protect tissues from free radical damage.

\*Add in some of my favs:  
brown rice, quinoa, oatmeal!



# Lean Protein:Seafood to Eat

Aim for 12 ounces per week of low mercury fish like salmon, shrimp, canned light tuna. Omega-3's are crucial for fetal development. (specifically DHA and EPA), are important for a baby's brain and eye development. Fish is also low in saturated fat and high in protein, vitamin D, and other nutrients that are crucial for a developing baby and a healthy pregnancy. Almost all fish and shellfish contain some mercury, but large predator fish accumulate the most. So to be on the safe side, eat all the fish you want, but avoid specifically consuming shark, swordfish, king mackerel, and tilefish. All others are relatively safe for a woman that is pregnant or trying to conceive, but always consult with your doctor if you have questions.



# Seafood to Avoid

## RAW, UNDERCOOKED, CONTAMINATED SEAFOOD

- Avoid raw fish and shellfish. It's especially important to avoid oysters, clams, and mussels. Sashimi.
- Avoid refrigerated smoked seafood, e. g. lox. It's OK to eat smoked seafood if it's an ingredient in a casserole or other cooked dish. Canned and shelf-stable versions also are safe.  
(bad: nova style, kippered, or jerky)
- Cook seafood properly. Cook most fish to an internal temperature of 145 F (63 C). The fish is done when it separates into flakes and appears opaque throughout. Cook shrimp, lobster and scallops until they're milky white. Cook clams, mussels and oysters until their shells open. Discard any that don't open.

MERCURY BAD: swordfish, shark, king mackerel, tilefish

# DAIRY



Add in some of my favs:  
Drink that milk, spoon up that  
yogurt, sip that smoothie,  
nibble on that cheese.

Calcium. Preparing for pregnancy includes building healthy bones. If there is not enough calcium in the pregnancy diet, the fetus may draw calcium from the mother's bones, which can put women at risk for osteoporosis later in life. The recommended calcium intake for women is 1,000 milligrams. Three servings of milk or other dairy products each day equals about 1,000 milligrams of calcium.

\*A Harvard study found that women who ate full-fat dairy products were less likely to experience ovulation problems, then women who ate primarily low-fat dairy products.

# Dairy & Undercooked Meat to Avoid

UNPASTEURIZED CHEESES BAD: brie, feta, Roquefort, gorgonzola, camembert, blue-veined, blue cheese, mexican-style cheeses (queso blanco, queso fresco, panela), danish blue, stilton, ricotta, chevre, taleggio. (If made with pasteurized milk, should be okay.)

## UNDERCOOKED MEAT, POULTRY, AND EGGS

-Fully cook all meats and poultry before eating.

Cook beef, veal, and lamb steaks and roasts to 145° F. Cook pork to 160° F. Cook all ground meats to 160° F.

-Cook hot dogs and processed deli meats, such as bologna, until they're steaming hot — or avoid them completely.

-Avoid refrigerated pates and meat spreads. Canned and shelf-stable versions, however, are OK.

-Don't buy raw poultry that's been pre-stuffed. Raw juice that mixes with the stuffing can cause bacterial growth. Frozen poultry that's been pre-stuffed is safe when cooked from its frozen state.

-Cook eggs until the egg yolks and whites are firm. Avoid foods made with raw or partially cooked eggs, such as eggnog, raw batter, hollandaise sauce and Caesar salad dressing.

# HEALTHY FATS



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.



# Limit & avoid cont...

## LIMIT CAFFEINE:

Limit to less than 120-200mg/day:

8oz Brewed coffee ~95-200mg

8oz Brewed coffee, decaf ~ 2-12mg

8oz Brewed black tea ~40-120mg

8oz Brewed tea decaf ~2-10mg

12oz cola ~35mg

Hershey's Dark Chocolate 1.45 oz ~36-38mg

MEDICATION TO AVOID: Accutane, anything with phenylephrine (Tylenol Allergy Multi-Symptom), Sudafed, claritin-D, Robitussin, Vicks Nyquil/Dayquil, etc.), Pepto Bismol, aspirin, Ibuprofen (Advil, Motrin, etc.), Aleve. Always check with doctor first.

Other things to avoid:

- Salads made in a store, such as ham salad, chicken salad, and seafood salad.
- Avoid large quantities of vitamin A (esp. liver)

# Sample Meal Plan

## Meal #1

40g oatmeal (dry)

½ cup blueberries

3 egg whites

Glass of full fat milk

## Meal #2

5-7 ounces salmon

4-6 ounces sweet potatoes

1 cup broccoli

½ avocado

## Meal #3

5-7 oz chicken

½- ¾ cup brown rice

¾ cup green beans

1 tbsp olive oil

## Meal #4

5-7 ounces lean ground turkey

1/2 cup quinoa

1 bell pepper sliced

1 tbsp sesame oil

## Snacks:

Couple snacks per day

Ex: Full fat yogurt with mixed berries

Ex: Banana with 1 tbsp almond butter

# STAY #STRONGANDCOURAGEOUS & BABY DUST TO YOU!



## Sources:

Americanpregnancy.org

Babycenter.com

Mayoclinic.com

Webmd.com

Foodsafety.gov

<https://www.health.harvard.edu/diseases-and-conditions/follow-fertility-diet>

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.

AUse this guide for educational purposes only. Use at your own discretion with your doctor's clearance.