kindbody

Nutrition & Fertility



If you are currently trying to get pregnant or planning to try to conceive in the next several months, it's time to start thinking about your nutrition. A healthy pregnancy diet can improve your chances of getting pregnant and may also shorten the time it takes to conceive.

Importance of Body Mass Index

By now, we have all heard that having a normal body mass index, or BMI, gives you the best chance of getting pregnant and the lowest risk of miscarriage. What you may not know is that, regardless of your BMI, making healthy dietary changes can still have a very beneficial effect.

Standard American Diet

Unfortunately, most Americans eat what is called the 'Standard American Diet,' which includes high amounts of meat, dairy products, and processed foods while consuming too few fruits, vegetables, and whole-grain carbohydrates. Over time, this type of diet can lead to chronic inflammation throughout the body, which is thought to be the starting point for many diseases. The Standard American Diet has been linked to not only obesity, cancer, heart disease, and type 2 diabetes but also fertility problems in men and women.

Choosing the Best Pregnancy Food

There are a few simple changes that you can make that can start you on the path to better health and improved fertility.

- Increase your consumption of whole grains like whole wheat bread, quinoa, and brown rice
- Add more fruits and vegetables, try to mix things up to include a variety of colorful foods rich in phytonutrients
- Get most of your daily protein from vegetables, or low mercury-containing fish rather than from meat and dairy
- Avoid processed foods and choose healthy snacks like nuts instead
- Limit refined sugar and simple carbohydrates like white rice and white flour
- Eliminate sugary beverages! This includes soda, sweetened tea or coffee drinks, and juices
- If you're craving a treat, 2 small squares of dark chocolate per day is good for you!

Prenatal Vitamins

Now, of course, one final thing to mention is the importance of starting a prenatal vitamin a few weeks before you conceive. Starting your vitamin early helps ensure that you have adequate folic acid levels to reduce the risk of certain birth defects that can begin developing before you even know you're pregnant.

