

# Creation

## Eating For Conception

The aim of this handout is simple guidance for choosing foods that support hormonal balance and support fertile health. Please note that the food groups are fresh, organic, seasonal and unrefined. They are not ready made, contain alcohol, refined sugar, caffeine nor are carbonated!

Do	Proteins	Carbohydrates	Fats	Vegetables and fresh sprouts	Fruit	Fluids	Herbs and Spices	The Supers!	Supplements
Buy fresh and in it's natural form!	<b>Rotate food groups and include a protein serving with each meal.</b>	<b>Include 1-2 portions of fibrous carbohydrates a day unless you are vegetarian!</b>	<b>Include a serving daily.</b>	<b>7-10 servings of vegetables daily and think seasonal!</b>	<b>2 pieces of fresh seasonal fruit daily</b>	<b>Essential – 1.5 litres to 2 litres daily</b>	<b>Use liberally</b>	<b>Have one serving of the Supers daily</b>	These should be recommended by a healthcare professional. Most prenatal supplements however contain some of the following
Choose wild, organic or free range food.	<b>Bake, poach, steam, stirfry</b>	Whole grains such as jumbo oats or oat meal, wheatgerm	Seeds: Sunflower Pumpkin Mustard Flaxseed, Linseeds Cumin Fennel	Steam, stirfry, sauté, juice, grill, bake, eat raw. Look at <a href="http://www.eattheseasons.co.uk">www.eattheseasons.co.uk</a> for seasonal foods. Try all forms of vegetables although minimal starchy vegetables such as white potatoes	Berries including pomegranates, Amla, are high in antioxidants Papaya supports bowel regularity Lemon and limes are very cleansing but utilise all fruit Avocados	which can be made up from Filtered water Herb teas Hot water with lemon Soup Juices Smoothies	Garlic Turmeric Ginger Cardommon Black pepper Nutmeg Cinnamon Licorice but any your digestives can tolerate Fresh herbs - coriander, parsley, chamomile, valerian, Mint vervain Himalyan rock salt,	Sauerkraut Wheatgrass Spirulina Barley Grass Blue green algae Alfafa Chorella Goji berries Lecithin Hemp seeds Manuka Honey Propolis Royal Jelly Bee pollen Peruvian Maca Sea Weeds Nori, kelp, Wakame, Kombu Yacon Acerolo cherries Carob Raw cocaa	Peruvian Macca Folic acid Vitamin C Vitamin E Beta Carotene Iron Magnesium Zinc B Complex Vitamin D Chromium Omega 3,6,9 DHA Alpha Lipoic acid Selenium Bioflavonoids Manganese Inositol Amino acids CoEnzyme Q10 Silymarin Bifido bacteria Acidophilus Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.
Wash well.	Oily Fish (sardines, krill, trout, mackerel, herring)	Brown rice Buckwheat Quinoa Millet Spelt Polenta	Fenugreek Broccoli sprouts	Include: green leafy vegetables and beetroot,  Sprouting: Aduki, alfafa, broccoli, buckwheat, chick peas, cress, fenugreek, lentils, pea shoots, mustard, red clover, radish, sunflower, wheatgrass	Juice, eat raw, blend or add to yoghurt in the morning with ground flaxseeds and nuts./seeds	Milk: Almond, hemp, coconut, goat, sheep Oat			
Include a variety of foods – preferable seasonal and locally sourced.	Wild salmon Wild Game Beef Lamb Poultry Oysters Eggs Cheese Sprouted Seeds  Whey protein Hemp Protein powder Pea protein	Legumes (e.g. chick peas) Pulses such as lentils Beans (Barlotti, aduki, black eyed etc)	Fresh Nuts: Brazil. almonds, walnuts, macademia, coconut						
Drink !									
Include 1 fresh juice daily blended from fruit, veg and the supers!									
Include "quiet" time daily to relax and switch off									
Laugh, love and be joyful with plenty of fun!	Yoghurt Milk Kefir								

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