

# Creation

## Vegetarian 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! Remember that you need protein and I recommend that a third of your plate is vegetable protein the rest vegetables. Wholegrain carbohydrates should be kept to a maximum of 2 meals per day.

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 fibrous carbohydrates</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, or organic	Eggs	Whole grains such as jumbo oats or oat meal,	Seeds: Sunflower Pumpkin	Steam, stirfry, sauté, juice, grill, bake, eat raw. Look at <a href="http://www.eattheseasons.co.uk">www.eattheseasons.co.uk</a>	Berries including pomegranates, Amla, are high in antioxidants	which can be made up from	Garlic Turmeric	Sauerkraut	Peruvian Macca
Wash well.	Cheese including	wheatgerm	Mustard	for seasonal foods. Try all forms of vegetables	Papaya	Filtered water	Ginger Cardommon	Wheatgrass	Folic acid
Rotate food groups.	Goats, Buffalo,	Brown rice	Flaxseed, Linseeds	although minimal starchy vegetables such as white potatoes	support's bowel regularity	Herb teas	Nutmeg Cinnamon	Spirulina	Vitamin C
Variety is best - preferably seasonal and locally sourced.	Sheep, Cow, Halloumi	Quinoa	Cumin	Include: green leafy vegetables and beetroot,	Lemon and limes are very cleansing but utilise all fruit	Hot water with lemon and ginger, Soup	Licorice	Barley Grass	Vitamin E
Drink !	Whey protein	Millet	Fennel	Sprouting: Aduki, alfafa, broccoli, buckwheat, chick peas, cress, fenugreek, lentils, pea shoots, mustard, red clover, radish, sunflower, wheatgrass. If you cannot grow your own then there are a number of companies that provide fresh sprouts and micro shoots to supermarkets and health food stores	Avocados	Juices Smoothies	but any your digestives can tolerate	Blue green algae	Beta Carotene
Include 1 fresh juice daily blended from fruit, veg and the supers!	Hemp Protein powder	Spelt	Fenugreek		Juice, eat raw, blend or add to yoghurt in the morning with ground flaxseeds and nuts/seeds		Fresh herbs - coriander, parsley, chamomile, valerian, Mint	Chorella	Magnesium
Include "quiet" time daily to relax and switch off	Pea protein	Polenta	Broccoli sprouts					Goji berries	Zinc
Laugh, love and be joyful with plenty of fun!	Rice bran protein	Legumes (e.g. chick peas)						Lecithin	B Complex
	Pr Spouted Barley	Pulses such as lentils	Fresh Nuts: Brazils, almonds, walnuts, macademia, coconut					Hemp seeds	Vitamin D
	Powder	Beans (Barlotti, aduki, black eyed etc)						Manuka	Chromium
	Yoghurt including	Wild and unpolished brown rice						Honey	Omega 3,6,9
	cow, sheep, goat	Tofu	Ground flaxseeds (2 dessertspoons daily)					Propolis	DHA
	Milk (as above plus nut milks)		Omega Oil					Royal Jelly	Alpha Lipoic acid
	Kefir		Olive oil (virgin)					Bee pollen	Selenium
			Rice bran oil					Peruvian	Bioflavonoids
			Coconut butter or oil					Maca	Manganese
			Almond or nut or butter					Sea Weeds	Inositol
								Nori, kelp, Wakame, Kombu	Amino acids
								Yacon	CoEnzyme Q10
								Acerolo cherries	Silymarin
								Carob	Bifido bacteria
								Raw cacao	Acidophilus
								Kelp	Herbals and Energy/flower remedies are also useful as is Chywanaprash and many other Ayurvedic food supplements.

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Kombucha

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