

## Acupuncture & Oriental Medicine

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# Fertility Food Guide

Food Group	Servings per Day	Serving Size	Best Fertility Choices
<b>Whole Grains* **</b>	6 – 11	½ cup cooked grains ¾ cup cold cereal 1 slice bread or ½ tortilla 3 cups popcorn	Whole oats, barley, buckwheat, bulgur, whole rye, quinoa, brown rice, millet, wild rice, amaranth, triticale, corn, millet, rice tortillas, popcorn, wheat/spelt/kamut berries, farro, sprouted wheat, corn tortillas, high fibre cereals.
<b>Vegetables</b>	4 or more	½ cup raw or cooked 1 cup raw greens (salad)	Local, seasonal, fresh, frozen, coloured. Include at least 1 serving of leafy greens (kale, chard, rapini, dandelion, spinach, romaine lettuce).
<b>Fruit*</b>	3 or more	½ cup raw or 1 small fruit	Local, seasonal, fresh, frozen berries Tree: apples, pears, peaches Citrus: oranges, grapefruits, kiwi
<b>Protein Foods</b>	3 – 4	1 cup beans (legumes) 2 Tbsp. nut or seed butter ¼ cup nuts or seeds 2 eggs 60 – 90 grams meat, poultry, fish	Dried beans and peas, lentils Mackerel, sardines, wild salmon, halibut, Almond/hazelnut butter, sunflower seed butter Almonds, pumpkin seeds, hemp hearts Free range organic poultry and eggs Grass fed organic meat.

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<b>Calcium Rich Foods**</b>	6 – 8 (max. of one serving of dairy)	1 cup greens 75 g canned sardines or pacific salmon ¼ cup almonds or sesame seeds 1 Tbsp. blackstrap molasses 1 cup legumes ½ cup milk or fortified grain beverage ½ cup yogurt or 1 oz. cheese	Raw almonds, almond butter, sesame seeds, walnuts, hazelnuts Broccoli, Chinese greens, nettles Notes: Cabbage family (cabbage, broccoli, Unsulphured blackstrap molasses Sea vegetables (nori, wakame, kombu) Navy beans, white beans Organic whole fat milk, yogurt, cheese.
<b>Fats</b>	3 - 6	¼ cup nuts or seeds 1 Tbsp. oil or 2 Tbsp ground flax/hemp/Salba ½ avocado 3 oz fish	Walnuts, butternuts, avocado Olives, extra virgin olive oil Ground flax/flax oil Ground hemp/hemp oil Salba Mackerel, sardines, wild salmon
<b>Herbs, spices, condiments</b>	Unlimited except for salt	Small amounts of unrefined sea salt	Cayenne, cinnamon, lemon juice, miso paste. pepper, nutritional yeast, tumeric, organic vinegar.

\* For weight loss and PCOS, have a maximum of 6 servings of whole grains and 3 small servings of fruit/day. Avoid all flour, sugar.

\*\* For endometriosis, choose wheat free dairy free choices.

Reference: Pollan, Michael, In Defense of Food: An Eater's Manifesto. 2008 New York: Penguin's Press.