



The YinOva Center™

Dietary Advice for Women Trying to Conceive

At The YinOva Center we encourage you to eat a diet that includes fresh, seasonal foods that are organic if possible. Make sure that you get enough protein and eat a broad range of vegetables especially leafy greens, orange vegetables and cruciferous vegetables. Make sure that you are adequately hydrated and don't forget to eat some fat, preferably unsaturated fat. Make your carbohydrates complex, slow-releasing ones rather than sugary processed ones. Go easy on the alcohol and caffeine.

- Take a prenatal vitamin every day. For further suggestions on nutritional supplements see our Patient Handout 4A - Nutritional Supplements for Women Trying to Conceive.
- Eat organic food wherever possible. Many of the pesticides which are sprayed on fruits, grains and vegetables and the hormones that are given to animals can effect our own hormonal balance.
- Eat food in its natural state whenever possible. In Chinese medicine we believe that foods contain qi (energy) which is depleted as food is refined and processed in factories.
- Make sure you are getting at least 2.5oz of protein a day. Protein contains amino acids that are essential for egg production. In fact animal studies have shown that poor protein intake can be linked to poor quality eggs. Amino acids are also vital for producing LH and FSH. You can find protein in meat, fish, eggs, dairy products, lentils, beans, brown rice, quinoa and sunflower seeds.
- A certain amount of fat is important so that your body can make hormones. It also reduces inflammation. We encourage you to eat a small amount of unsaturated fat each day from olive oil, nuts, seeds and fish. Essential fatty acids are just that, essential to your cells and vital to ovulation specifically to the rupture of the follicle. You can find them in oily fish, cod liver oil, flax seed oil, pumpkin seeds, eggs, and soy products as well as leafy green vegetables.

Dietary Advice for Women Trying to Conceive (Cont.)

- With the popularity of high protein diets we are seeing more patients who have an inadequate carbohydrate intake. With the exception of patients with PCOS (Polycystic Ovarian Syndrome) it is essential for most of us to have some carbohydrates each day in order to maintain balanced hormone levels. We encourage you to eat complex carbohydrates such as whole grains, brown rice and starchy vegetables such as sweet potatoes.
- Limit the amount of cold raw foods you consume. Vegetables should be steamed lightly to make them more digestible and enable you to extract the nutrients you need.
- Make sure your diet includes plenty of lightly cooked cruciferous vegetables such as broccoli, cabbage, cauliflower, and brussels sprouts. These vegetables contain a phyto-nutrient called DIM (di-indolylmethane) which stimulates better estrogen metabolism.
- Eat more foods that encourage an alkaline rather than an acidic environment in your body. Cervical mucus must be alkaline for sperm to survive. Alkaline producing foods are non-citrus fruits, green vegetables and sprouts. Acidic foods are meat, dairy and some grains.
- Eliminate coffee (including decaf.), alcohol and ask us to help if you need to stop smoking. It is fine to drink caffeinated black tea or green tea.
- Eat fruits and vegetables that are high in folic acid such as leafy green vegetables, and food that are orange such as yams, carrots, cantaloupe and sweet potatoes.
- Drink 8 glasses of water a day. Being adequately hydrated is important for the elimination of toxins, the absorption of nutrients, the transportation of hormones, the making of cervical mucus, and the development of follicles.