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When it comes to getting pregnant, diet can be a significant factor. Women who are trying to conceive are advised by doctors to maintain a proper diet in order to maintain a healthy reproductive system. Below is a list of foods that can help you prepare for conception.

Greens, Reds, and Yellows

Fruits and vegetables are considered natural multivitamins for women who are planning to get pregnant. These produce provide nutrients such as phytochemicals and antioxidants that fight free radicals in the body. Start filling your bowl with colored fruits and vegetables such as oranges, strawberries, cantaloupe, blueberries, red peppers, and beets. Increase your chances of getting pregnant by consuming at least 2 cups of fruits and 3 cups of vegetable each day.

Fish can Grant Your Wish

If you want to get pregnant, you need to supply essential fatty acids to your diet. These fatty acids found in fish help in regulating menstrual cycle and promote production of hormones needed for pregnancy. When it comes to salmon, choose wild salmon over Atlantic farmed salmon. Steer clear from ahi tuna, swordfish, and Chilean sea bass, as these fish species may contain high concentrations of mercury.

For those who donâ€™t want fish at all, you can still have natural fertility treatment by eating flaxseeds, a plant-based source of omega 3. Grind the seeds and sprinkle them on a toast, cereal or smoothie. You may also buy a bottle of flaxseed oil, drizzle at least one tablespoon per day over your favorite salad, baked potato or popcorn. Try not to cook using flaxseed oil, as heat can eliminate its nutrients.

Organic Can do the Trick

You also have to be more careful when choosing among dairy products as some of them may even aggravate hormonal imbalance. Fresh almond or hemp milk can be great alternatives to dairy products. Avoid conventionally raised chicken, as it contains high levels of antibiotics that can affect the production of hormones in your body. Women who are suffering from Endometriosis and undergoing specific fertility treatment are strongly advised to cut back on red meat.

Think about Zinc

One of the elements that play a crucial part in pregnancy is zinc, a mineral present in some foods. It has been proven to affect hormonal changes in the body and severe deficiency can lead to fertility impairment. Eating turkey, beef, lamb, pork, chicken, almonds, beans, wheat germ, yogurt, oatmeal, corn, eggs, fortified breads and cereals can increasing your daily dose of zinc to 15 mg per day. Zinc can be part of natural fertility treatment prescribed by health professionals around the world.

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