

Before Baby Superfoods

In addition to the Before Baby Diet, start eating better now by eating more pre-pregnancy Superfoods.

Food	Rich in These Fertility Boosting Nutrients
Buckwheat	D-Chiro Inositol, magnesium, iron, zinc, potassium
Crab and shrimp	Zinc, selenium, iodine
Blueberries, artichokes, Plum Smart juice, pomegranate juice, red / purple grape juice, dark chocolate, natural cocoa	Polyphenolic antioxidants
Eggs, cod, lean beef, Brussels sprouts, broccoli, cauliflower	Choline
Guava, watermelon, grapefruit, kiwifruit, papaya, cantaloupe, apricots, orange, strawberries, blueberries, raspberries, lemons	Vitamin C and other antioxidants
Quinoa, chick peas, lentils and other legumes	Iron, zinc, B vitamins including folate
Milk and yogurt	Calcium, vitamin D, iodine, zinc
Potato (white and sweet)	Iodine, vitamin C, potassium, beta carotene
Spinach, asparagus, kale, arugula (rocket), avocado, broccoli	Folate, beta carotene and other antioxidants
Pecans and walnuts	Omega-3 fat (linoleic acid), antioxidants, zinc, fiber, vitamin E, magnesium, manganese, copper
Sunflower seeds and pumpkin seeds	Vitamin E, thiamin, manganese, copper, magnesium, selenium, vitamin B6 and folate
Super Spices: Black Pepper, Chili Powder, Cinnamon, Cloves, Cumin, Garlic Powder, Ginger, Oregano, Red Pepper, Rosemary, Thyme, Turmeric	Antioxidants
Wheat germ and oatmeal	Zinc, iron, vitamin E, fiber, magnesium, folate