

Which foods should I eat if I want to get pregnant?

Eating healthy can make it easier to get pregnant.



Eat more of these foods:

- Beans, peas, and lentils
- Nuts and seeds
- Vegetables, especially green and leafy vegetables like spinach, collard greens, and kale
- Fresh, frozen, or unsweetened dried fruit
- Whole grains
- Foods with probiotics like yogurt, kimchi, sauerkraut, and kefir

Try **multivitamins** to get extra nutrients.

Limit these foods:

- Food with trans fat like snack cakes, store-bought tortillas and microwave popcorn
- Processed soy foods like soy meat or soy chips
- Soda, even if it's diet, and ginger ale
- Alcohol like liquor, wine, and beer
- Drinks with caffeine like energy drinks and coffee
- Processed meat like deli meat and bacon

We have nutritionists at every CHN health center to help you make small changes that lead to **big** results. Set up a visit today at the front desk for our **free and low-cost nutrition counseling!**