



# Fertility Foods Shopping List

Each time you head to the grocery store, be sure to stock up on foods that will help keep your reproductive system—and your partner’s—in the best shape possible for baby-making. We’ve broken the list down into groups organized by the nutrients that can boost fertility, so you can make sure to get at least one item from each category:



## Iron (non-meat sources are best):

- Spinach
- Beans



## Protein (non-meat sources):

- Beans
- Peas
- Tofu
- Peanuts
- Tree nuts



## Folate (the natural form of folic acid):

- Oranges and citrus fruits
- Strawberries
- Whole grain breads, crackers, pasta
- Green leafy vegetables (such as kale and spinach)
- Beans
- Legumes
- Fortified breads and cereals



## Other B-vitamins:

- Lentils
- Corn
- Black beans
- Milk



## Full-fat dairy products (1 serving a day):

- Milk
- Yogurt
- Cheese
- Ice cream



## Antioxidants:

- Fresh produce—colorful fruits & veggies
- Nuts
- Pomegranate juice



## Mono- and polyunsaturated fats:

- Avocados
- Flaxseed
- Nuts (almonds, cashews, walnuts)
- Seeds (such as sesame and pumpkin)
- Oils—olive, canola, peanut
- Cold-water fish (such as sardines and salmon—wild Alaskan salmon is safest because it has the lowest level of mercury and other pollutants)



## Complex carbohydrates:

- Whole grains and whole grain flours, breads, etc.\*
- Beans
- Vegetables
- Fresh fruit

\*Branch out from boring whole wheat and oats and experiment with grains such as kamut, millet, quinoa, amaranth, buckwheat, kasha, and pearl barley.

## Especially for men:



## Zinc:

- Fortified cereals (like Cheerios)
- Oysters
- Mussels and clams
- Spinach
- Pumpkin seeds



## Lycopene:

- Tomatoes (especially cooked into soup or sauce)