

Foods to Enjoy and Eliminate During Pregnancy

Enjoy	Limit or eliminate
Fresh, organic, wholefoods whenever possible.	<ul style="list-style-type: none">✗ Caffeine (coffee, black tea, cola drinks and chocolate)✗ Avoid alcohol✗ Refined sugar (glucose, maltose, lactose, fructose and corn syrup)✗ Artificial sweeteners (e.g. aspartame and saccharin)✗ Salt✗ Margarine✗ Fast food✗ Fried food✗ Soft drinks✗ Unpasteurised products (e.g. raw milk)✗ Undercooked eggs (soft)✗ Food additives, colours and preservatives✗ Large fish (fresh tuna, shark, swordfish and marlin)*✗ Cold meats (unless home cooked and eaten within a day of cooking)✗ Any food over 24 hours old✗ Pâté✗ Pre-prepared food (e.g. deli salads)✗ Soft cheeses (e.g. brie, camembert, ricotta, feta and blue)✗ Raw chilled seafood, sushi✗ Smoked seafood (e.g. smoked salmon and oysters)✗ Soft-serve ice cream and food made from it (e.g. thickshakes)
Protein-Rich Foods <ul style="list-style-type: none">✓ Fish✓ Organic chicken/poultry and lean red meat✓ Free range eggs✓ Natural yoghurt (sugar free)✓ Hard cheese (e.g. cheddar, tasty)✓ Pasteurised milk✓ Legumes and pulses✓ Tofu and tempeh✓ A variety of wholegrains✓ Raw nuts and seeds	
Vegetables and Fruit <ul style="list-style-type: none">✓ Dark green leafy varieties (e.g. broccoli, spinach)✓ Salads (washed)✓ Eat vegetables raw or moderately cooked✓ Fresh herbs	
Essential Fatty Acids (Good Fats) <ul style="list-style-type: none">✓ Cold pressed oils on salads (extra virgin olive oil, flaxseed oil)✓ Cook with coconut oil✓ Avocado✓ Trout, mackerel, salmon, sardines and anchovies	
Purified Water <ul style="list-style-type: none">✓ Drink 2 litres of purified water daily	
Herbal Tea <ul style="list-style-type: none">✓ Naturally low caffeine tea (e.g. green tea, peppermint, ginger, chamomile, nettle, rooibos)	
Sugar in Moderation <ul style="list-style-type: none">✓ Raw honey, stevia and rice malt syrup	
High Fibre Foods <ul style="list-style-type: none">✓ Wholegrain breads and pasta✓ Brown rice	

Additional considerations

Stress can impact physical and emotional wellbeing. Your Practitioner can support you to find healthy ways to manage stress to help improve health outcomes for parents to be.

Achieving **healthy weight management** is really important prior to conception to ensure the healthiest outcomes for your baby. Speak to your Practitioner about a weight management program that is easy to implement and manage.

Toxin exposure can affect reproductive health in men and women. A Practitioner guided detoxification program can reduce toxic burden and improve resistance to toxins.