

Whole foods are food sources that are minimally processed and are usually found in their raw or natural state. These foods have no added ingredients and are unprocessed. Whole foods are nutrient dense and have the highest amounts of fiber, vitamins, minerals, enzymes and antioxidants available. They do not contain additives or preservatives.

Slow Moving or Complex Carbohydrates

Are complex carbohydrates and are defined as such because they are more slowly digested and absorbed by the body decreasing spikes in insulin or blood sugar levels. Examples of complex carbohydrates are whole grains, vegetables, fruit, legumes and beans.

Plant Based Foods

Have high amounts of fiber, vitamins, minerals, enzymes, and antioxidants. They are the most health promoting, disease-preventing foods you can consume. They come in a variety of shapes and colors. The brighter or more intense the color of the fruit or vegetable, the greater the nutritional value of the food. These foods include fresh vegetables, fruit, sea vegetables, legumes, nuts, seeds and whole grain products.

Antioxidant Rich Foods

These food choices include, but are not limited to fresh fruits, vegetables, herbs and spices such as cinnamon and turmeric. These foods help combat free radical damage within the body and assist in decreasing cellular inflammation.

Healthy Fats

Essential Fatty Acids (EFA's) are healthful oils that are slow pressed, unrefined and non-hydrogenated such as Omega 3, 6 and 9. These oils are free from chemical additives, which can cause free radical or cellular damage within the body. They are found in many food sources including Fish and Fish Oils, Nuts, Seeds, Olive Oil, Coconut Oil, Hemp, Flax or Walnut Oil and Avocados. These oils have been found to relieve cellular inflammation within the body and improve hormonal sensitivities.

High Quality Dairy Products

Limited amounts of full fat dairy products are encouraged if one is not lactose sensitive. Particularly recommended is Plain Yogurt or Kefir, which is fermented yogurt and has antioxidant properties.



Nutrition Tips for Fertility

Maintaining a Healthy Lifestyle

Maintaining a healthy lifestyle can be achieved through a balanced diet, mindful eating (portion control), daily exercise, proper amounts of rest and distressing your lifestyle. Weight balance is critical for fertility success as body fat content (too high or conversely too low) can affect fertility. Minimizing your exposure to environmental toxins can help maximize fertility by introducing the following into your day-to-day lifestyle

- Eat healthy EFA's through smaller deep sea fish such as sardines, salmon or halibut.
- Choose organics whenever possible including your meat, poultry, fish and produce.
- Go through your home and get rid of toxic chemical cleaning supplies, infused candles and home spays. These products can cause free radical damage within the body. Replace with all natural choices instead.
- Replace chemical laden plastic products in your house for glass or stainless steel.

"all are welcome"

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