

Trying to Conceive

CHECKLIST

Diet

- 5+ Servings of vegetables or fruit a day
- Choose wholegrain varieties
- 2 portions of fish per week (1 oily)
- Dairy or fortified dairy alternatives
- Handful of nuts/seeds most days
- Cook with olive or rapeseed oils
- Increase plant-based proteins
- 3-4 British Red Lion Mark eggs / week

Supplements

- 400 µg daily folic acid supplement
- 10 µg daily vitamin D supplement
- Daily omega-3 supplement (without vitamin A)

Speak to GP:

- B12 (especially vegans/vegetarians)
- Iron
- Iodine (150mg max per day)



Avoid

- Reduce intake of fish high in mercury
- Foods/supplements high in Vitamin A
- Unpasteurised milk and milk products
- Raw, undercooked or rare meat
- Soft cheeses which are mould-ripened
- Ready-to-eat perishable foods
- Eggs without the British Red Lion Mark
- Reduce saturated fat, salt and sugar

Other

- Avoid or limit alcohol consumption
- Quit smoking
- Limit caffeine to 200 mg a day
- Reduce chemical exposure
- 150 min of moderate aerobic activity
- At least 2 strengthening activities
- At least 6 - 8 glasses of fluid per day
- Blood tests