

optimal foods for female fertility

These foods emphasise the nutrients associated with hypertension (i.e. vitamin D, magnesium, vitamin E, folate, zinc, vitamin B6, copper, vitamin B2 and vitamin C). From a macronutrient perspective, these foods are 55% protein, 20% fat and 165% net carbohydrates with a low energy density of 110 calories per 100g.

vegetables

- spinach
- asparagus
- watercress
- seaweed (laver)
- coriander
- Chinese cabbage
- broccoli
- chard
- chicory greens
- amaranth leaves
- endive
- lettuce
- seaweed (kelp)
- parsley
- white mushroom
- beet greens
- okra
- portabella mushrooms
- zucchini
- cauliflower
- radicchio
- seaweed (wakame)
- mustard greens
- turnip greens
- banana pepper
- sauerkraut
- escarole
- red peppers
- chives
- mung beans
- arugula
- summer squash
- alfalfa
- cabbage
- kale
- celery
- spirulina
- Brussel sprouts
- radishes

- shiitake mushroom
- collards
- snap beans
- artichokes
- jalapeno peppers
- peas
- soybeans (sprouted)
- edamame
- chayote
- onions
- pinto beans
- yeast extract spread

spices

- basil
- dill (fresh)
- paprika
- sage
- mustard seed
- cloves
- thyme
- curry powder
- marjoram

offal

- liver
- heart
- kidney
- brains

animal products

- chicken breast
- whole egg
- veal
- sirloin steak
- ground pork
- pork chops
- egg yolk
- ground beef
- chuck steak
- chicken drumstick

- leg ham
- turkey
- pork shoulder
- porterhouse steak
- beef roast
- lamb
- top round steak

seafood

- crab
- fish roe
- oysters
- crayfish
- lobster
- octopus
- halibut
- salmon
- caviar
- mussel
- cod
- pollock
- shrimp
- white fish
- rockfish
- haddock
- flounder
- clam
- whiting
- welk
- perch
- trout
- sturgeon
- herring
- anchovy
- scallop
- sardine
- molluscs
- tuna
- mackerel
- smelt
- orange roughy