



FIRST TRIMESTER

Essential Fertility-Friendly Foods to Stock Your Pantry

Build a pantry full of foods that support conception and early pregnancy. This checklist makes grocery planning simple, no guesswork required.

A free guide from maternity.app

Fueling your body with nutrient-dense foods makes all the difference when you're trying to conceive or newly pregnant. Stock these staples for easy, fertility-friendly meals.

Start with versatile whole foods

- **Leafy greens.** Spinach and kale deliver folate for early neural development.
- **Colorful produce.** Berries, carrots, and sweet potatoes provide antioxidants and beta-carotene.
- **Healthy fats.** Avocados, nuts, and olive oil support hormone production.

Your fertility pantry checklist

- ☐ Whole grains like quinoa, oats, and brown rice (complex carbs for energy)
- ☐ Canned salmon or sardines (omega-3s for hormone regulation)
- ☐ Lentils and chickpeas (plant-based iron and protein)
- ☐ Greek yogurt or kefir (probiotics for gut health)
- ☐ Pumpkin and sunflower seeds (zinc for ovulation support)
- ☐ Dark chocolate (magnesium to reduce stress)

Watch the extras

Processed foods with additives can interfere with nutrient absorption. Limit white flour, artificial sweeteners, and vegetable oils when possible, but don't stress over the occasional treat.

TIP

Prep smoothie packs with frozen fruit, greens, and seeds for grab-and-go nutrition when morning sickness hits.

Every nourishing bite is a step toward welcoming new life. You've got this.