



# **Tell Me What to Eat If I Am Trying to Conceive: Nutrition You Can Live With**

*Kimberly Tessmer*

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According to the CDC, in the United States alone, more than 7 million women of child bearing age have an impaired ability to ?conceive. Every year millions of couples are trying to conceive at any given time. If you have decided it is time to start your family, you probably have many questions: What can I do to get pregnant? ?Are there certain foods or a specific diet that will help?

*Tell Me What to Eat If I Am Trying to Conceive* answers your questions and guides you through the process of trying to conceive. Beginning with an overview of the general stages of conception and some of the causes of fertility problems, the many ways in which diet and lifestyle can impact your chances of conceiving.

*Tell Me What to Eat If I Am Trying to Conceive* will discuss:

- â€¢ How to reach a healthy weight that will better prepare your body for conception
- â€¢ What vitamin and mineral supplements you should include in your daily routine
- â€¢ Specific foods that may or may not help you conceive

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