10 Foods That Will Increase Fertility/Libido in Women

According to the Center of Diseases Control and Prevention, approximately 1 in 10 women will experience infertility. Maintaining a healthy diet is important at every point in a woman’s life but especially important when trying to conceive a baby. Here are 10 foods that naturally increase fertility in women:

**Soy**
Soy contains a compound very similar to estrogen which can cause estrogen levels to be too high and can negatively affect fertility.

**Alcohol**
No need to go cold turkey, but it’s a good idea to limit your alcohol intake to one or two servings of alcohol while trying to conceive.

**Sugar**
Consuming refined sugar, such as high fructose corn syrup, can cause blood sugar spikes which can negatively affect the reproductive system as well as the rest of the body.

**Saturated Fats**
Eliminating saturated fats from the diet is important for general health; however, it’s extremely important to avoid eating saturated fats when trying to conceive because they cause estrogen or too high of estrogen levels, which can cause infertility.

**Fruits & Vegetables**
Eating up to three servings a day of fresh fruits and vegetables is important for any diet, but especially important when trying to conceive.

**Yams**
Research shows yams have an ovulation stimulating substance that can help boost fertility.

**Maca Root**
Maca root increases fertility in men and women by increasing energy, boosting the immune system, and providing vital minerals and nutrients. Maca Root is packed with iron and iodine.

**Leafy Greens**
Dark leafy greens such as spinach, romaine, arugula, and broccoli are high in folate, a B vitamin that has been shown to improve ovulation. Leafy greens also naturally increase a woman’s libido.

**Beans**
Beans are a lean protein and are full of iron, which helps to increase fertility and libido. Low iron levels can result in anovulation, which is when ovulation does not produce a healthy egg.

**Salmon**
Salmon is full of Omega-3 Fatty Acids which are proven to regulate blood flow to the reproductive organs.

**Figs**
Figs have been believed to increase fertility since the time of Ancient Greeks, and now we have scientific evidence. Figs contain a lot of iron, which is important for healthy eggs and ovulation.

**Oysters**
Oysters have been known to increase libido, but oysters can also be a great source for fertility because they are packed with zinc, which increases the production of good-quality eggs.

**Berries**
Any kind of berries are good at protecting eggs from damage and aging because they are full of antioxidants. Strawberries have been linked to naturally increasing a woman’s libido.

**Remember:**
It’s important to identify any food sensitivities. Any unidentified sensitivities can negatively impact fertility, as well as cause headaches, heartburn, gas, bloating and weight gain.

*“Based on the response, the test classifies foods and herbs into four categories: severe, moderate, mild reaction and acceptable foods,” said Kimberly Neher, M.S. Clinical Nutritionist for Nutritional Healing, LLC.*