Preconception Nutrition

Regardless whether you plan to get pregnant this year, or five years from now, good nutrition is a key part of conceiving and delivering a healthy baby. A poor diet, low in nutrient dense vegetables, protein, fruit and healthy fat can result in the following:

- **Vitamin C and/or Vitamin B5 deficiency** may lower progesterone production which is needed for ovulation as well as maintenance of a pregnancy.
- **Vitamin D deficiency** may create excess production of androgens (testosterone) and create hormone imbalances. This deficiency also seems to make PCOS symptoms worse, contributing to irregular cycles and unpredictable ovulation.
- **Vitamin A deficiency** may cause developmental defects of the fetus and contribute to the risk of newborn death.
- **Folic Acid deficiency** may increase risk of miscarriage and cause neural tube defects.
- **Vitamin B6 deficiency** as well as **Magnesium deficiency** may disrupt estrogen and/or progesterone metabolism, creating a hormonal imbalance that leads to irregular ovulation.
- **Zinc deficiency** may lead to birth defects, low birth weight and infertility.
- **Choline deficiency and/or Inositol deficiency** may cause abnormal fetal development.

Poor nutrition is not the only cause of vitamin and mineral deficiencies. Certain medications can also cause deficiencies. One example is oral estrogens, such as those in birth control pills, which tend to cause folate, B-12 and B-6 deficiencies.

The best way to determine your nutrient status is through a test offered by Spectracell Laboratories. This blood test will look at 24 different vitamins and minerals as well as carbohydrate metabolism and antioxidant function. This test is covered by most major insurances and the blood is drawn in our office.

A healthy pregnancy and delivery is heavily influenced by your lifestyle before conception. Women's Specialty Healthcare can help you create a healthy eating plan and determine any supplements that may be needed to start you on your journey to motherhood.

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