

## Diet for Pre-Conception Couples, Pregnant and Nursing Mothers

**Green Pasture Products Blue Ice Fermented Cod or Skate Liver Oil:** 2 teaspoons or 20 capsules, providing 19,000 IU vitamin A and 3900 IU vitamin D (or **Blue Ice Royal**, which is a blend of 2/3 fermented cod liver oil and 1/3 third X-Factor Butter oil; dosage would be up to 2-3 teaspoons or 25 capsules daily)

**X-Factor Butter Oil:** 1 teaspoon of X-Factor butter oil daily (not necessary if taking Blue Ice Royal)

**Whole Raw Milk:** Two 8-ounce glasses daily, from pasture-fed cows (learn more about raw milk on this website, A Campaign for Real Milk, [www.realmilk.com](http://www.realmilk.com))

**Butter:** 4 tablespoons butter daily, preferably raw from pasture-fed cows

**Eggs:** 2 or more daily, preferably from pastured chickens

**Additional egg yolks:** daily, added to smoothies, salad dressings, scrambled eggs, etc.

**Fresh Liver:** 3-4 ounces, once or twice per week (If you have been told to avoid liver for fear of getting "too much Vitamin A," be sure to read [Vitamin A Saga](http://www.westonaprice.org) on [www.westonaprice.org](http://www.westonaprice.org)); Dr. Ron's Liver capsules may be used if you are unwilling to eat liver.

**Fresh wild (not farmed) seafood:** 2-4 times per week, particularly wild salmon, shellfish and fish eggs

**Fresh beef or lamb:** daily, always consumed with the fat

**Oily wild fish:** (sardines, anchovies, wild salmon) daily, for vitamin D

**Coconut oil:** 2 tablespoons unrefined coconut oil daily, use in cooking or smoothies, etc.

**Lacto-fermented condiments and beverages** (such as kombucha and true ginger ales)

**Bone Broth:** homemade bone broths (chicken, beef, fish, lamb, turkey) used in soups, stews and sauces

**Soaked whole grains:** if able to easily digest and not challenged with autoimmune disorders

**Fresh organic vegetables and fruits**

**Avoid the following:**

- *Trans* fatty acids (e.g., hydrogenated oils, margarine)
- Junk foods (bars, chips, pastries, packaged foods)
- Commercial fried foods
- Sugar
- White flour
- Soft drinks
- Caffeine
- Alcohol
- Cigarettes
- Drugs (even prescription drugs)