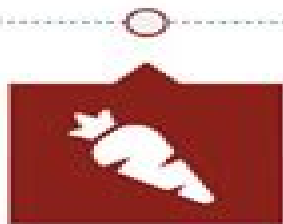


EATING SAFELY DURING PREGNANCY



ENJOY:

VEGETABLES



Carrots
Cooked greens
Pumpkin
Spinach
Sweet potatoes
Red sweet peppers

Benefits:
Vitamin A &
Potassium

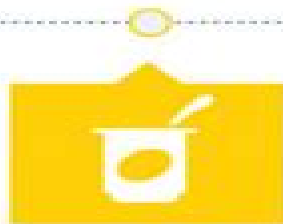
FRUITS



Apricots
Bananas
Cantaloupe
Grapefruit
Honeydew
Mangoes
Oranges
Prunes
Tomatoes

Benefits:
Potassium

DAIRY



Skim or 1% milk
Soy milk
Fat-free or
low-fat yogurt

Benefits:
Calcium,
Potassium,
Vitamin A &
Vitamin D

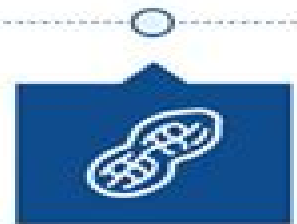
GRAINS



Ready-to-eat
cereal
Cooked cereal

Benefits:
Iron &
Folic Acid

PROTEINS



Beans and peas
Lean beef
Lamb and pork
Nuts and seeds
Poultry
Salmon, trout,
herring, sardines
and pollock

Benefits:
Amino Acid

AVOID:



Hot dogs/luncheon meats/bologna/other deli meats (unless reheated). **Risk: listeria**

Soft cheeses that are unpasteurized. **Risk: bacteria**

Pregnancy Nutrition Before During After Eating Tips

Michael Brown



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