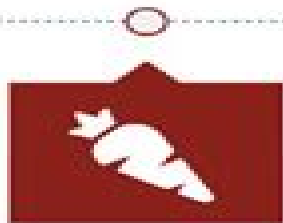


EATING SAFELY DURING PREGNANCY



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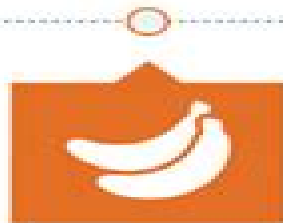
VEGETABLES



Carrots
Cooked greens
Pumpkin
Spinach
Sweet potatoes
Red sweet peppers

Benefits:
Vitamin A &
Potassium

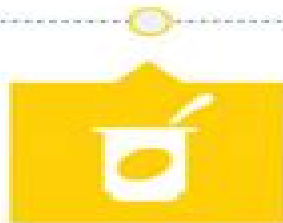
FRUITS



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 Daily Guide

Jennifer Weiss



Pregnancy Daily Guide:

Expectant Prayers for Expectant Mothers Jennifer Weiss, 2006-08 Day by day guide from planning pregnancy to delivery Featuring over 260 engaging and interactive prayers formatted with a daily topic verse devotional and journal tip A book worth experiencing

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South provides a new perspective on the childbirth experience of African American women and their maternity care providers Author Jenny M Luke moves beyond the usual racial dichotomies to expose a more complex shift in childbirth culture revealing the changing expectations and agency of African American women in their rejection of a two tier maternity care system and their demands to be part of an inclusive desegregated society Moreover Luke illuminates valuable aspects of a maternity care model previously discarded in the name of progress High maternal and infant mortality rates led to the passage of the Sheppard Towner Maternity and Infancy Protection Act in 1921 This marked the first attempt by the federal government to improve the welfare of mothers and babies Almost a century later concern about maternal mortality and persistent racial disparities have forced a reassessment Elements of the long abandoned care model are being reincorporated into modern practice answering current health care dilemmas by heeding lessons from the past **Sandra Smith's Review for NCLEX-PN** Sandra F. Smith, Sandra Smith, Dr, 2007-06 Recently Acquired Designed for the current NCLEX PN Test Plan this comprehensive PN VN review is easy to read clear and concise Topics include Management Principles Legal Issues Nurs Core Curriculum for Maternal-newborn Nursing Susan Mattson, Judy E. Smith, 1993 Provides basic and advanced coverage of maternal newborn nursing Presented in outline format coverage includes human reproduction foetal growth and development normal pregnancy maternal foetal well being psychosocial and physiological aspects of pregnancy and complications of childbearing **Alabama Women** Susan Youngblood Ashmore, Lisa Lindquist Dorr, 2017 An addition to the Southern Women series Alabama Women celebrates the contributions of women and enriches our understanding of the past Exploring such subjects as politics arts and civic organizations this collection of eighteen biographical essays provides insight into the historical significance of these women *Bibliographies and Literature of Agriculture* , 1978

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