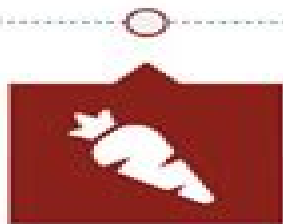


EATING SAFELY DURING PREGNANCY



ENJOY:

VEGETABLES



Carrots
Cooked greens
Pumpkin
Spinach
Sweet potatoes
Red sweet peppers

Benefits:
Vitamin A &
Potassium

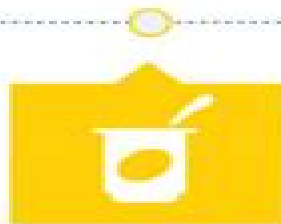
FRUITS



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

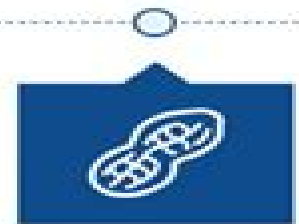
GRAINS



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

J Spring



Pregnancy Nutrition Before During After Eating Tips:

Whispering the Secrets of Language: An Psychological Quest through **Pregnancy Nutrition Before During After Eating Tips**

In a digitally-driven world wherever monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words usually move unheard. However, nestled within the pages of **Pregnancy Nutrition Before During After Eating Tips** a interesting literary treasure blinking with organic thoughts, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, this charming opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the emotional depths of this poignant evaluation, we can embark upon a genuine exploration of the book is key styles, dissect its interesting publishing type, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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