

foods to look out for during pregnancy

IF POSSIBLE + IF ACCESSIBLE TO YOU

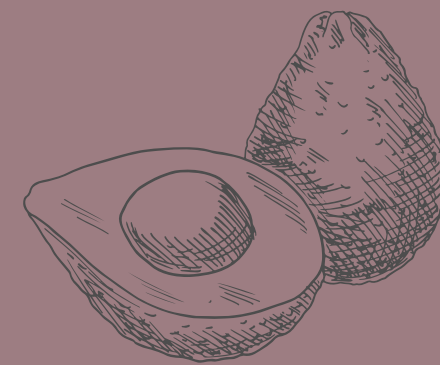
PROTEINS

- quality wild or grass-fed organic meats
- quinoa
- buckwheat
- spirulina
- legumes
- nuts + seeds
- small amounts of soy + tempeh are good options as well

FATS

THIS HELPS BUILDS OUR BABY'S BRAIN + PREPARES OUR OWN BODY'S FOR BREASTFEEDING

- coconut oil
- grass-fed butter/ghee
- avocado +avocado oil
- olives + olive oil
- nuts + seeds
- salmon



FOLATE

(NOT FOLIC ACID)

- dark leafy greens
- broccoli
- asparagus
- lentils
- brussel sprouts



IRON

OUR BLOOD VOLUME INCREASES 40-50% DURING PREGNANCY. HELPS WITH FATIGUE DURING PREGNANCY

- liver, beef, lamb, chicken
- egg yolks
- salmon
- lentils
- quinoa
- pumpkin seeds

VITAMIN C

THIS WILL HELP ENSURE IRON GETS ABSORBED IN THE BODY PROPERLY + IMPROVES IMMUNE SYSTEM

- citrus
- bell peppers
- strawberries
- broccoli
- kiwis



CALCIUM

ESPECIALLY IMPORTANT IN 3RD TRIMESTER AS OUR BABY UNDERGOES RAPID SKELETAL DEVELOPMENT

- broccoli.
- kale
- tahini
- brazil nuts
- sesame seeds
- spinach
- almonds
- plain yogurt
- milk kefir

VITAMIN D

AIDS IN IMPROVING IMMUNE SYSTEM + MOOD LEVELS

- unfortunately, there isn't many food sources with vitamin D, taking a supplement will ensure adequate levels of vitamin D
- salmon
- trout
- sardines
- Pasteurize eggs