

WHAT YOU NEED TO EAT FOR A HEALTHY PREGNANCY.

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1

MORE FRUITS AND VEGETABLES.

Vitamin C should be part of your diet during pregnancy, because they help you and your baby to have healthy gums and other tissues, and help your body to heal wounds and to absorb iron. Examples of fruits and vegetables with vitamin C include: Strawberries, Melons, Oranges, Papaya, Tomatoes, Peppers Leafy, green vegetables, Cabbage and broccoli.



2

PROTEINS.

Meat and chicken are great sources of protein, as long as they are well cooked. Eggs, nuts, dried beans, and peas are also good forms of protein. Protein builds muscle, tissue, enzymes, hormones, and antibodies for you and your baby. These foods also have B vitamins and iron, which is important for your red blood cells.



3

DAIRY PRODUCTS.

For your pregnancy diet, aim for four or more servings of low-fat or nonfat milk, yogurt, or other dairy products, like cheese, for calcium. You and your baby need calcium for strong bones and teeth. Dairy products also have vitamin A and D, protein, and B vitamins. Vitamin A helps growth, resistance to infection, and vision. Pregnant women need 1,000 milligrams (mg) of calcium each day.



4

WHOLE GRAINS, OR ENRICHED BREAD AND CEREALS.

Whole-grain products and enriched products like bread, rice, pasta, and breakfast cereals contain iron, B vitamins, some protein, minerals, and fiber that your body needs. Folic acid help prevent some serious birth defects. Choosing a breakfast cereal or other enriched grain products that contain folic acid is important before and during pregnancy.



5

FISH.

As an essential source of fatty acids, however you need to avoid fish with high levels of mercury. Recommended fish are: Anchovies, Atlantic mackerel, Black sea bass, Butter fish, Catfish, Clam, Craw fish, Lobster, Mullet, Oyster, Pickerel, Plaice, Salmon, Sardines, Shrimp, Squid, Tilapia, Tuna (canned light). During pregnancy a 6 ounce serving of fish, 2 or 3 times per week for the normal intake of complex proteins, vitamin D, and omega 3 fatty acids.

