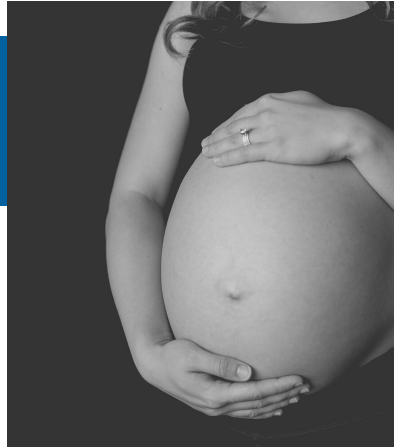


# NUTRITION DURING PREGNANCY



Only 1.9% of pregnant women meet the fruit and vegetable guidelines for pregnancy.



Pregnant women know that diet is important for the proper development of their baby, but they aren't sure what exactly should be eaten on a pregnancy diet. There are also misconceptions about how many extra calories should be consumed in a day, and what foods shouldn't be eaten during pregnancy.

Pre-pregnancy and pregnancy, nutrition are vital in building up the immune system and keeping mom and baby healthy throughout the pregnancy.

This is why following a pregnancy diet that includes a balance of high-quality protein foods, healthy fats and complex carbohydrates can ensure that you're doing everything you can for your growing baby.

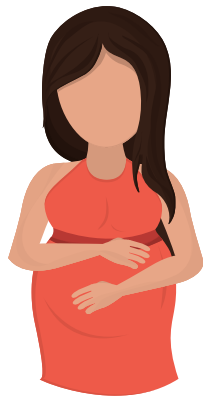
Plus, pregnant women require increased amounts of certain nutrients in order to avoid developmental abnormalities and pregnancy complications.

## BEST SUPPLEMENTS

<b>IRON</b>	27 milligrams per day
<b>FOLATE</b>	0.8 to 1 milligrams per day (begin 3 months before pregnancy)
<b>CALCIUM</b>	1,000 milligrams per day
<b>DHA</b>	Use a prenatal vitamin with DHA added
<b>PROBIOTICS</b>	Choose a supplement with a higher number of probiotics
<b>VITAMIN D</b>	2,000-4,000 IUs per day

## WHY IT'S IMPORTANT TO EAT BETTER WHEN YOU ARE PREGNANT

Your diet affects many aspects of your baby's health. Proper development of a baby's organs, brain and even mental health and eating habits depend on proper nutrition of the mother.



### Pregnancy Diet Guidelines:

- Eat A Balanced Diet
- Don't Overdo Your Calorie Intake
- Keep Empty Calories To A Minimum
- Eat Every Color
- Make It Easy
- Keep Drinking Water

## THESE PARTS OF YOUR BABY'S HEALTH ARE DIRECTLY IMPACTED:



Brain Development



Mental Health



Organ  
Development



Eating  
Habits



Long-Term  
Health

### BEST FOODS TO EAT

- 1 Fresh Vegetables
- 2 Fresh Fruit
- 3 Free-Range Eggs
- 4 Wild-Caught Salmon
- 5 Organic Meat
- 6 Nuts Or Seeds
- 7 Greek Yogurt or Kefir
- 8 Beans
- 9 Lentils
- 10 Whole Grains

### FOODS TO AVOID

- 1 Deli Meat
- 2 Raw or Smoked Salmon
- 3 Rare Meat
- 4 High-Mercury Fish
- 5 Raw Eggs
- 6 Caffeine
- 7 Alcohol
- 8 Unpasteurized Milk
- 9 Imported Soft Cheese
- 10 Unwashed Fruits / Vegetables