

A SIMPLE GUIDE TO PREGNANCY NUTRITION

Pregnancy Guide: Recommended foods



Fruits

- Avocados
- Citrus fruits
- Plum/Kiwi
- Strawberry
- Berries
- Bananas
- Watermelon
- Apples, Pears
- Pomegranate
- Mangoes



Vegetables

- Broccoli
- Cucumbers
- Carrots
- Corns
- Kale
- Sweet Potatoes
- Asparagus
- Squash
- Spinach
- Bell Peppers



Meats and Proteins

- Lean-Well cooked meat (Poultry, pork, lamb, beef)
- Pasteurized eggs
- Fully-fat yogurt
- Mercury fish



Dairy Based Products

- Pasteurized milk
- Hard cheeses
- MILK (cheddar, Swiss, parmesan)
- Cream cheese
- Low-fat yogurt
- Greek yogurt
- Feta cheese



Beverages

- Water
- Decaf coffee
- Sparkling water
- Decaf tea
- Pasteurized Smoothies
- Fruit juices



Healthy Snacks

- Nuts, seeds
- Popcorn
- Dried fruits
- Hummus
- Granola Bars
- Edamame
- Figs, raisins
- Sorbet with fruits



Safe Condiments

- Honey
- Vinegar
- Mustard
- Olive oil
- Salsa
- Ginger
- Lemon
- Herbs

Pregnancy Guide: Foods to Avoid



Fruits

- Unripe papaya
- Very high amounts of pineapple
- Unpasteurized Raw juices
- Unwashed fruits (without peels)



Vegetables

- Raw Sprouts (alfalfa, clover, radish, mung bean sprouts)
- Unwashed vegetables
- Pre-packaged or premade salads



Dairy Based Products

- Unpasteurized milk or cream
- Uncooked soft blue cheeses (Danish Blue, Gorgonzola, Roquefort)
- Mold-ripened soft cheeses (Brie, Chèvre, Camembert)
- Unpasteurized soft and semi-hard cheeses



Meat and Proteins

- Raw eggs
- Deli meats
- Cured meats
- Sushi, sashimi
- Undercooked or raw meats
- High-mercury fish (Shark, Tuna, Mackerel, Marlin)
- Meat spreads
- Undercooked



Beverages

- Alcohol
- Caffeinated drinks (> 3 cups coffee or tea)
- Loose leaf teas (e.g. ginseng tea)
- Energy drinks
- High sugar soft drinks
- Diet sodas with artificial sweeteners
- Kombucha
- Unpasteurized cider or juice



Other Foods

- Foods made with raw eggs (sauces, salad dressings, aioli, eggnog, homemade mayonnaise)
- Liquor ice root
- Raw cake or cookie batter
- Premade ham or seafood salads
- High nitrate foods (hot dogs)
- Soft-serve ice cream (caution)

• Essential Food Groups for Each Stage of Pregnancy

• Visual Guide to Recommended and Restricted Foods During Pregnancy

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