

Best Pregnancy Foods

Avocados

Folate,
Potassium,
Vitamin C,
Vitamin B6,
Eases Morning Sickness,
Promotes Fetal Growth.

Broccoli

Vitamin A,
Vitamin C,
Calcium,
Folic Acid,
Antioxidant
Cancer Preventative.

Carrots

Beta-Carotene
(supports baby's eyes,
skin, bones, & organs)
Vitamin A,
Vitamin B6,
Vitamin C.

Edamame

Protein,
Calcium,
Folate,
Vitamin A,
Vitamin B,
Etc.

Eggs

Protein,
DHA
(omega-3 fatty acid,
helps in development
of brain and retinas
of the baby)

Figs

Fiber,
Calcium,
Vitamin K,
Iron
(prevents anemia
during pregnancy).

Lentils

Protein,
Vitamin B6,
Iron,
Folate
(prevents spine bifida,
promotes fetal health).

Mangos

Vitamin A,
Vitamin C,
Very healthy way
to satisfy a
sweet tooth.

Nuts

Magnesium,
Zinc,
Potassium,
Vitamin E,
Copper
Selenium.

Oats

B Vitamins,
Iron,
Minerals,
Complex Carbs,
Fiber
(helps with regularity).

Spinach

Folic Acid,
Vitamin C,
Calcium,
Vitamin A
(maintains healthy
plasma retinol).

Yogurt

Calcium,
Protein,
Folate,
Active Cultures
(prevents upset stomach
& yeast infections).