

NUTRITION FOR YOUR PREGNANCY

- **Eat a variety of healthy foods.** This will help you get all the different vitamins you and your baby need.
- **Protein is a good source of calories.** Protein provides your body with vitamins and energy that will help your baby grow. To increase the amount of protein in your body, you can eat beans, low-fat or fat free milk, eggs, lean meats, tofu and peanut butter.
- **Eat foods with iron.** Getting enough iron will decrease the risk of having a premature baby. Vegetables, such as dark leafy greens, are the best source of iron for your body during pregnancy. Eat dark green vegetables with vitamin C foods, such as oranges, for better absorption of iron.
- **Folic acid.** Getting enough folic acid before becoming pregnant and during early pregnancy will reduce the risk of certain birth defects. Foods with folic acid include dark leafy greens, like spinach and kale, orange juice and dried beans.
- **Drink plenty of water.** Water helps take all these important vitamins and minerals to your baby.
- If you are pregnant, do not eat undercooked or raw meats, chicken, seafood or eggs.
- Try to limit or avoid caffeine from coffee and tea. Caffeine can increase the risk of miscarriage.
- Do not drink alcohol. Drinking alcohol can be harmful to your baby.



Seeing a doctor regularly during your pregnancy is important for you and your baby.