

Prenatal Nutrition

You are what you eat and absorb - Your baby deserves for you to eat to support his/her optimal development!

Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Water								1L/25kg body weight
Vegetables								Minimum 5 portions/day
Green leafy vegetables								
Fruit								1-2/day
Protein (meat, fish, eggs, nuts, milk products, seaweed)								at each meal
Good fat (avocado, blue fish, nuts, olive oil, coconut, etc.)								at each meal

Nutrients

Week	How often?	Comments
Fish		
Berries		
Nuts		
Yogurt/kefir		
Fermented foods		
New recipe		
Variety of vegetables		
Variety of fruit		
Variety of fish		
Variety of meat		
Bone broth		
Eat slowly and chew well (no TV)		

ANTI Nutrients

Week	How often?	Comments
processed food		
sugar		
wheat		
milk products		
"dirty dozen"		
microwave		
fried food		
artificial sweeteners		
soy		
coffee, tea		
sausages, cured meat		
alcohol		
gluten		

Calcium:

chard, cabbage, artichokes
broccoli, asparagus, leafy greens
almonds, walnuts
dried figs
yogurt, kefir, blue fish (sardines, salmons, etc.), seaweed (hiziki, arame), lentils, chickpeas, sesame, orange, oats

Iron:

Red meat, eggs (yolk)
lentils, chickpeas
Almonds, hazelnuts
Green leafy veggies (spinach, chard, parsley, broccoli, etc.)
Vit C needed for absorption

Dirty Dozen:

celery, peach, strawberry,
apple, nectarine, bell pepper
spinach, potato, grapes,
cherry tomato, cucumber,
kale, snap peas