

The Do's and Don'ts of Pregnancy Nutrition



Do's

- **Eat more calcium**
(leafy green veggies, legumes, seeds, fortified milk, etc.)
- **Get more Vitamin D**
(through sun exposure and fortified milk)
- **Double Iron intake**
(green veggies, whole grains, and animal products)
- **Increase Zinc**
(legumes, nuts, whole grains, and animal foods)
- **Include B12**
(animal foods and supplements)
- **Get enough folic acid**
(green veggies, fortified foods, legumes)
- **Increase protein intake**



Don'ts

- **Overdo fish**
(no more than 6oz per week)
- **Consume alcohol or tobacco**
- **Eat cured or deli meats**
- **Consume raw eggs or seafood**
- **Use artificial sweeteners**
- **Consume empty calories**

