

**Prenatal
Vitamins and
Diet work
together!**

FOODS FOR FIRST TRIMESTER

NUTRIENT NEEDS	
Folic Acid	Daily prenatal vitamin, oranges, strawberries, green leafy vegetables, fortified breakfast cereals, kidney beans, nuts, cauliflower and beets.
Protein	Eggs, Greek yogurt and chicken.
Calcium	Milk, cheese, yogurt and dark leafy greens
Iron	Daily prenatal vitamin, beef, chicken, eggs, tofu and spinach are all good sources of iron.
Vitamin C	Oranges, broccoli and strawberries
Potassium	Bananas, apricots and avocados
DHA	Anchovies, herring and sardines

TIPS FOR ALL TRIMESTERS
Make your plate colorful
Eat small meals throughout the day
Avoid Spicy and high fat foods
Cold, room temp, or bland foods if you are nauseous
Liquid or soft food is also better if you are nauseous
Stay hydrated
Snack often and smart
Take your prenatal!

Try to avoid eating iron-containing foods and calcium-rich foods or supplements at the same time. Calcium reduces iron absorption.

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FOODS FOR SECOND TRIMESTER

NUTRIENT NEEDS	
Folic Acid	Daily prenatal vitamin, oranges, strawberries, green leafy vegetables, fortified breakfast cereals, kidney beans, nuts, cauliflower and beets.
Protein	lean meats, nuts, tofu and tempeh, eggs, fish (cooked, not raw), peas, beans, and lentils
Calcium	dairy (milk, yogurt, pasteurized cheese), eggs, tofu, white beans, almonds, sardines and salmon (with bones), greens, such as kale, broccoli, and turnip greens, calcium-fortified fruit juices and breakfast cereals
Iron	lean meat, cooked seafood, leafy green vegetables, nuts, beans and lentils, whole grains, including bread and oatmeal, fortified breakfast cereals
Vitamin C	oranges, orange juice, strawberries, and tomatoes.
Potassium	Bananas, apricots and avocados
Folate	black-eyed peas and other legumes, fortified cereals, dark green leafy vegetables, including spinach, cabbage, and collard greens, oranges, whole grains, such as rice
Vitamin D	fatty fish, such as salmon, fresh tuna, and mackerel, fish liver oils, beef liver, cheese, egg yolks, UV-exposed mushrooms, fortified juices and other drinks
Omega 3 Fatty Acids	oily fish, including salmon, mackerel, fresh tuna, herring, and sardines, fish oil, flaxseeds, chia seeds

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FOODS FOR THIRD TRIMESTER

NUTRIENT NEEDS	
Vitamin A	Fish, Dairy products, Carrots, Cantaloupe, Spinach, Sweet potatoes, Fortified cereals
Vitamin C	Citrus fruits like oranges, tangerines, and grapefruit, Kiwi, Strawberries, Tomatoes, Red and green peppers, Broccoli
Vitamin B6	Bananas, Poultry, Beef, Fish, Organ meats, like liver and tongue, Starchy vegetables like potatoes, Whole-grain cereals
Vitamin B12	Beef liver, Fish, Poultry, Other meats, Dairy products, Eggs, Fortified foods
Vitamin D	Fatty fish like salmon, Fortified foods like breakfast cereal and milk, and sunlight, Egg yolks, Cheese, Beef liver
Calcium	Dairy products, Broccoli, Kale, Fortified foods, Canned anchovies or sardines with the bones
PREPARE FOR LABOR	
Dates	Helps shorten labor, try to eat 6+ a day
Red Raspberry Leaf Tea	1 to 2 cups a day helps strengthen uterus
Bone Broth	Increases oxytocin
Green leafy Veggies	Spinach, Swiss Chard, Kale, Beet Greens, Brussels Sprouts, Asparagus, Sea Vegetables, increasing overall vitamin reservoirs.
Nuts and seeds	Snack on them throughout the day, great for tissue softness, progesterone function
Sweet Potatoes/yams	decrease in NERVE inflammation and pain perception, increase oxytocin, helps dilate the cervix
Bananas	Helps with potassium levels

All the above foods will not trigger labor but will help prepare your body for labor