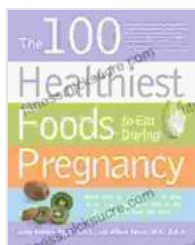


The Surprising Unbiased Truth About Foods You Should Be Eating During Pregnancy

Pregnancy is a time of great change for your body. You're growing a new life inside you, and your nutritional needs increase to support both you and your baby. But with so much information out there about what to eat and what to avoid during pregnancy, it can be hard to know what's actually true.

That's why we've put together this unbiased guide to the foods you should be eating during pregnancy. We'll cover everything from the basics of a healthy pregnancy diet to specific foods that are especially important for pregnant women.



The 100 Healthiest Foods to Eat During Pregnancy: The Surprising Unbiased Truth about Foods You Should be Eating During Pregnancy but Probably Aren't

by Jonny Bowden

★★★★☆ 4.2 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 324 pages



The Basics of a Healthy Pregnancy Diet

A healthy pregnancy diet is one that is rich in fruits, vegetables, whole grains, and lean protein. It should also be low in saturated fat, cholesterol, and sodium.

Here are some general guidelines for a healthy pregnancy diet:

- Eat plenty of fruits and vegetables. Aim for at least five servings per day.
- Choose whole grains over refined grains.
- Eat lean protein sources, such as fish, chicken, beans, and tofu.
- Limit saturated fat, cholesterol, and sodium.
- Drink plenty of fluids, especially water.

Specific Foods That Are Important for Pregnant Women

In addition to following a healthy pregnancy diet, there are certain foods that are especially important for pregnant women. These foods provide essential nutrients that are needed for your baby's growth and development.

Here are some specific foods that are important for pregnant women:

- **Folic acid:** Folic acid is essential for the prevention of neural tube defects, such as spina bifida. Good sources of folic acid include leafy green vegetables, citrus fruits, and fortified cereals.
- **Iron:** Iron is essential for the production of red blood cells. Good sources of iron include red meat, fish, beans, and lentils.

- **Calcium:** Calcium is essential for the development of your baby's bones and teeth. Good sources of calcium include dairy products, leafy green vegetables, and fortified foods.
- **Vitamin D:** Vitamin D is essential for the absorption of calcium. Good sources of vitamin D include fatty fish, eggs, and fortified foods.

Foods to Avoid During Pregnancy

There are also certain foods that you should avoid during pregnancy. These foods can contain harmful bacteria or toxins that can be passed on to your baby.

Here are some foods to avoid during pregnancy:

- **Raw or undercooked meat, poultry, or fish:** These foods can contain harmful bacteria, such as Salmonella or E. coli.
- **Raw eggs:** Raw eggs can contain salmonella.
- **Unpasteurized milk and cheese:** Unpasteurized milk and cheese can contain harmful bacteria.
- **Liver:** Liver is high in vitamin A, which can be harmful to your baby in large amounts.
- **Alcohol:** Alcohol can cross the placenta and reach your baby. Alcohol consumption during pregnancy can lead to fetal alcohol syndrome.
- **Caffeine:** Caffeine can cross the placenta and reach your baby. Excessive caffeine consumption during pregnancy can lead to low birth weight and other problems.

Eating a healthy diet during pregnancy is essential for the health of both you and your baby. By following these guidelines, you can ensure that you are getting the nutrients you need to support your pregnancy and your baby's growth and development.

If you have any questions about what to eat during pregnancy, be sure to talk to your doctor or a registered dietitian.



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