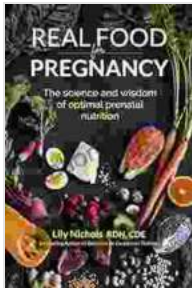


# Real Food for Pregnancy: Nourishing You and Your Baby Naturally



## Real Food for Pregnancy: The Science and Wisdom of Optimal Prenatal Nutrition by Lily Nichols

★★★★☆ 4.7 out of 5

Language	: English
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Eating real, unprocessed foods is the best way to ensure a healthy pregnancy for you and your baby. Real food is packed with nutrients that are essential for your baby's growth and development. It also helps to keep you feeling your best during pregnancy.

In this article, we'll provide a comprehensive guide to real food for pregnancy. We'll cover what to eat, what to avoid, and how to make sure you're getting the nutrients you need.

### What to Eat During Pregnancy

There are many different types of real food that you can eat during pregnancy. Some good choices include:

- **Fruits and vegetables:** Fruits and vegetables are packed with vitamins, minerals, and antioxidants. They're also a good source of fiber, which can help to keep you feeling full and satisfied.
- **Lean protein:** Lean protein is essential for your baby's growth and development. Good sources of lean protein include meat, poultry, fish, beans, and tofu.
- **Whole grains:** Whole grains are a good source of fiber, vitamins, and minerals. They can help to keep you feeling full and satisfied, and they can also help to prevent constipation.
- **Dairy products:** Dairy products are a good source of calcium, which is essential for your baby's bones and teeth. Good sources of dairy products include milk, yogurt, and cheese.

You should also make sure to drink plenty of fluids during pregnancy. Water is the best choice, but you can also drink milk, juice, or herbal tea.

## **What to Avoid During Pregnancy**

There are a few types of food that you should avoid during pregnancy.

These include:

- **Raw meat or seafood:** Raw meat or seafood can contain bacteria that can cause food poisoning. It's important to cook all meat and seafood thoroughly before eating it.
- **Unpasteurized milk or cheese:** Unpasteurized milk or cheese can contain bacteria that can cause food poisoning. It's important to only drink pasteurized milk and cheese during pregnancy.

- Alcohol: Alcohol can cross the placenta and reach your baby. It can cause birth defects, developmental problems, and other health issues. It's important to avoid alcohol during pregnancy.
- Caffeine: Caffeine can cross the placenta and reach your baby. It can cause irritability, jitteriness, and other problems. It's best to limit your caffeine intake to no more than 200 mg per day during pregnancy.

## **How to Make Sure You're Getting the Nutrients You Need**

It's important to make sure you're getting the nutrients you need during pregnancy. Your doctor or midwife can help you create a healthy eating plan that meets your individual needs.

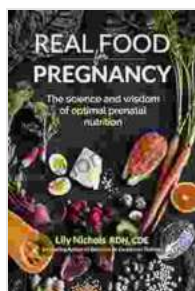
Some of the most important nutrients for pregnancy include:

- Folic acid: Folic acid is essential for preventing neural tube defects in your baby. It's important to start taking folic acid before you get pregnant and to continue taking it throughout your pregnancy.
- Iron: Iron is essential for carrying oxygen throughout your body and to your baby. It's important to eat plenty of iron-rich foods during pregnancy.
- Calcium: Calcium is essential for your baby's bones and teeth. It's important to eat plenty of calcium-rich foods during pregnancy.
- Vitamin D: Vitamin D helps your body absorb calcium. It's important to get enough vitamin D during pregnancy, especially if you live in a climate with limited sunlight.
- Omega-3 fatty acids: Omega-3 fatty acids are essential for your baby's brain and eye development. It's important to eat plenty of omega-3

fatty acid-rich foods during pregnancy.

If you're not sure if you're getting enough of the nutrients you need, talk to your doctor or midwife. They can recommend supplements to help you meet your nutrient needs.

Eating real food is the best way to ensure a healthy pregnancy for you and your baby. By following the tips in this article, you can make sure you're getting the nutrients you need to support your baby's growth and development.



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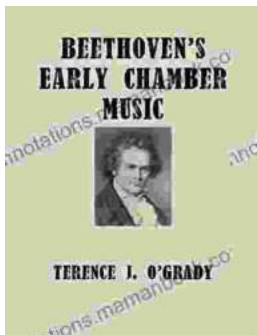
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