

DIET PLANS FOR PREGNANCY

TO INCLUDE

- **Whole fruits**
- **Fresh vegetables**
- **Whole grains like brown rice, millet, oat meal, bulgur & whole wheat bread**
- **Proteins like lean meat, chicken, eggs, seafood, beans & lentils, tofu, nuts & seeds**
- **Low fat or fat free dairy products**
- **Oils-vegetable oil, olive oil**

TO AVOID

- **Raw or rare meats, poultry, eggs**
- **Raw(uncooked) or under cooked fish or shellfish like sushi or raw oysters**
- **Unpasteurized juice, milk or cheese**
- **Raw sprouts**
- **Alcohol & Smoking**
- **Sugary drinks like soda, fruit drinks, sweetened water, energy or sport drinks**

PRENATAL SUPPLEMENTS

- **FOLIC ACID (400-800mcg)**
Start pre conceptionally to prevent neural tube defects
- **IRON supplements to prevent anemia**
- **IODINE supplement or iodized salt which helps in synthesis of Thyroxine**
- **DHA(omega 3 fatty acid) & CHOLINE -Essential for functioning of nervous system**
Dietary sources are seafood, cod liver oil, dairy products, egg yolk, kidney beans, walnuts, flax seeds
- **Other important supplements-zinc, Vitamin C, Vitamin D, Calcium, B Vitamins, Vitamin A & E**