

Here is a list of useful resources for your reference:

- MyPlate: Healthy eating resources from the U.S. Department of Agriculture (USDA).
<https://www.myplate.gov/>
- Dietary Guidelines for Americans.
<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients>
- Nutrition During Pregnancy by Johns Hopkins Medicine.
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/nutrition-during-pregnancy>
- Pregnancy diet: Focus on these essential nutrients by Mayo Clinic.
<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20045082>