



GETTING STARTED WITH PRENATAL NUTRITION

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Food Choices for Preconception & Pregnancy | @prenatalnutritionist



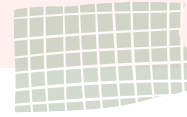
Are you getting enough?

The foods listed first are the best sources of each nutrient, and ideally, you would include at least 1 in your diet regularly.



Circle your top 3-5 sources of **folate**.

- 1. Edamame/soybeans
- 2. Lentils
- 3. Asparagus
- 4. Spinach (+ other greens)
- 5. Broccoli
- 6. Avocado
- 7. Eggs
- 8. Oranges
- 9. Mangos



Circle your top 3-5 sources of **choline**.

- 1. Beef/chicken liver
- 2. Egg yolks
- 3. Ground beef
- 4. Fish roe (caviar)
- 5. Salmon
- 6. Cod
- 7. Edamame/soybeans
- 8. Chicken & turkey
- 9. Red potatoes



Circle your top 3 sources of **iron**.

- 1. Beef/chicken liver*
- 2. Red meat*
- 3. Cooked oysters, clams, & mussels*
- 4. Chicken
- 5. Salmon
- 6. Lentils
- 7. White beans
- 8. Cooked spinach



Circle your top 3 sources of **vitamin D**.

- 1. Salmon
- 2. Fresh Atlantic herring and sardines
- 3. Canned tuna
- 4. Egg yolks
- 5. Cow's milk (if fortified)
- 6. Mushrooms (put in sunlight for a bit)
- 7. Soy milk (if fortified)

Create your go-to meals.

Now that you have your top 3-5 sources of each nutrient, try to come up with at least 3 meals that you can make including some or all of these foods!

Remember, it is also important that your meals contain protein, fat, and high-fiber-carbohydrate.

Example: scrambled eggs cooked in butter (choline, folate, vitamin D, healthy fats) + spinach & mushrooms (folate, iron, vitamin D) + orange slices & strawberries (fiber/carbs)

Meal 1

Meal 2

Meal 3

Get in Contact:

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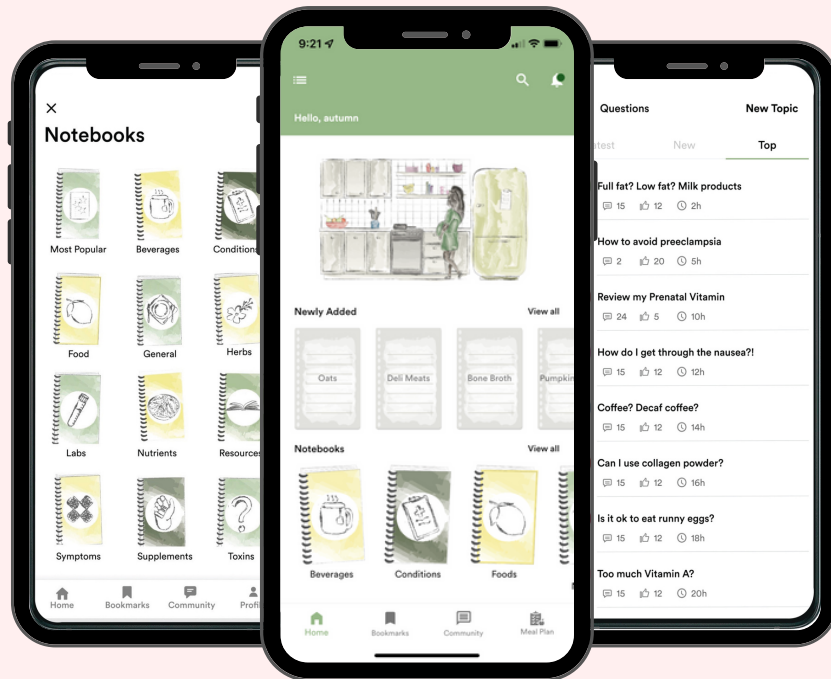
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