Healthy Eating During Pregnancy

5 Tips from Produce Perks Midwest

1. Eat from a variety of food groups everyday to ensure you are getting all the nutrients you and your baby need! Includes fruits, vegetables, whole grains, protein, and dairy products.

2. Talk to a healthcare professional about taking a prenatal vitamin everyday with folic acid, iron, and iodine!

3. Limit consumption of caffeine and added sugars. Choose for decaf coffee or tea and unsweetened options that don't add sugar.

4. Eat 2-3 servings of seafood a week. Fish have healthy fats that are good for you and your baby. A great and affordable option is canned light tuna!

5. Avoid drinking alcohol! Alcohol has been associated with premature delivery and birth defects.