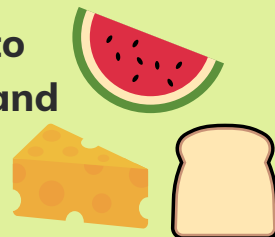


Healthy Eating During Pregnancy

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 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.

