

## Nutritional Guide for an Optimal Pregnancy

Begin each day at the top of the pyramid, making choices in alignment with the size of each category. At the start of every new day, reset and begin again at the top

**Add to taste:** All sea salts (especially local)

**Clear fluids (without sweetener):** Water with lemon, mint, apple cider vinegar or cucumber, bone broth, herb teas, kombucha, coconut water

**Good fats:** Organic butter and ghee, olive oil, coconut oil, bacon lard, avocado, nut and seed butters

**Protein:** Eggs, Poultry, Meats, Fish, Shellfish, Pork, Cottage Cheese, Rice and beans/lentils combined, Cheese, Yoghurt, Milk, Collagen

**Leafy greens:** Amaranth, Malabar Spinach, Drumstick (Moringa) Leaves, Fennel, Spinach, Beet, Turnip, Mustard Greens, Cabbage, all Lettuces and Fresh herbs

**Colourful Veggies:** Capsicum, Gourds, Cucumber, Carrots, Peas, Garlic, Beets, Tomatoes, Radish, etc

**Fruits:** Any and all! Especially berries

**Fermented Foods:** Rice Kanji, Curd, Kefir, Fermented Veggies, Pickles, Curd, Kombucha, Beet Kvass

**Potato Skins:** Sweet potato, White potato and Yams with the skin

**Sprouted and pre-soaked whole grains**

**Healthy sweets:**  
Dates, honey

**AVOID: Processed foods, white foods and sugars.**

### Some cool facts:

1. A pregnant person needs 80-100g of proteins per day (13-16 eggs!)
2. Salts with trace minerals are essential to increase blood volume in the 2nd trimester
3. Adding collagen can help with perineal and overall health