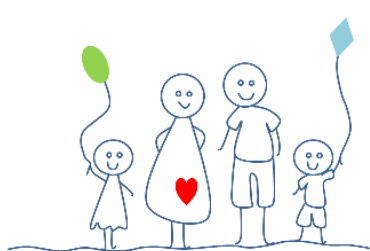


Healthy Mom



Healthy Baby

YOUR
HEALTHY
Pregnancy
CARE PACKAGE



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YOUR Pregnancy

Superfoods GUIDE

Healthy Mom  Healthy Baby



Fresh
Not frozen or
canned

Berries

Dairy

Yoghurt
Milk
Pasteurized
cheese

Fresh
With salads,
sandwiches

Avocado

Bananas

Avoid with
allergies and
diabetes

Cooked
Great Vit A
source

*Sweet
potatoes*

*Whole
grains*

Quinoa
Oatmeal
Lentils

Lean beef
Salmon
Veal

*Meat
and Fish*

*Dark leafy
greens*

Kale
Spinach
Broccoli

Cooked
Never raw
Free range

Eggs

Seeds

Pumpkin
seeds
Chia seeds

Essential
for
hydration

Water

Dried fruits

Apricots
Figs
Peaches



YOUR HEALTHY

Pregnancy TIPS

Healthy Mom  Healthy Baby



- ✓ Wash fruits and vegs under running water
- ✓ Drink plenty of water
- ✓ Get quality sleep
- ✓ Dried fruit prevents constipation
- ✓ Bananas and pretzels helps with morning sickness

Top
Tips



To
Avoid



- ✗ High heels
- ✗ Heavy lifting
- ✗ Lots of screen time
- ✗ Smoking
- ✗ Stress
- ✗ Non-prescribed medication

- ✗ Raw meat, eggs and fish
- ✗ Alcohol
- ✗ Unpasteurized dairy
- ✗ Processed meat
- ✗ Excess caffeine
- ✗ Unwashed produce
- ✗ Canned food

Foods
to
Avoid



YOUR HEALTHY Pregnancy ROADMAP

Healthy Mom  Healthy Baby

How to enjoy pregnancy

What to expect during a pregnancy

Pregnancy nutrition



Pregnancy support

Supplements
Products
Family and friends

Pregnancy superfoods

What to avoid during pregnancy

Foods
Actions

Diet
Exercise
Self care

Healthy lifestyle during pregnancy

Pregnancy changes

Physical
Emotional
Brain changes



Preparing for baby

Preparing family for baby

What to expect during childbirth



Childbirth complications

Changes
Depression
Mother baby bond
Complications

What to expect post partum



How to care for a new-born

Bathing
Feeding
Sleeping
Training
Development

Breastfeeding/formula nutrition

Breastfeeding/formula complications

Baby milestones



Healthy lifestyle after pregnancy

Join the Challenge now!

How to be an *awesome* mom



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YOUR Pregnancy Nutrients GUIDE

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Nutrient	Function	Food Source	Needed Daily	Suggested snack/meal
Folic acid	<ul style="list-style-type: none"> prevent neural tube defects, cleft lip and low birth weight 	<ul style="list-style-type: none"> ✓ green vegetables ✓ bananas ✓ fortified cereals ✓ peas and ✓ citrus fruits 	400 to 800 micrograms	<ul style="list-style-type: none"> ✓ 1 cup of fortified cereal - 500mcg ✓ plus 1 orange - 29mcg
Magnesium	<ul style="list-style-type: none"> regulate blood pressure 	<ul style="list-style-type: none"> ✓ watermelon ✓ salmon ✓ lean red meat ✓ yoghurt, ✓ peas and ✓ kidney beans 	350mg	<ul style="list-style-type: none"> ✓ 28g of pumpkin seeds - 150mg or ✓ one medium avocado - 58mg, ✓ one banana - 37mg
Omega-3-fattyacids	<ul style="list-style-type: none"> such as DHA (docosahexaenoic acid) ensure normal nervous system developments and lowers the risk for pre-eclampsia 	<ul style="list-style-type: none"> ✓ salmon ✓ dark leaf vegetables ✓ vegetable oil 	200mg	<ul style="list-style-type: none"> ✓ a single serving of cooked salmon - 1.9g and ✓ half a cup of fresh cooked spinach - 100mg
Iron	<ul style="list-style-type: none"> brain development of your baby, supply oxygen to your baby, deficiency can result in low birth weight, premature birth, but excess is also toxic 	<ul style="list-style-type: none"> ✓ red meat ✓ green leaf vegetables like spinach ✓ fortified cereals ✓ oatmeal 	22 to 27 mg	<ul style="list-style-type: none"> ✓ half a cup of oats for breakfast - 20mg, as well as ✓ half cup of boiled spinach - 3mg with half cup boiled kidney beans - 2mg and a portion of roasted dark turkey - 1mg for lunch
*Note that iron absorption can be increased by drinking a vitamin c rich juice when eating food with iron, and rather avoid coffee and tea that will decrease the absorption of iron				
Zinc	<ul style="list-style-type: none"> normal cell growth 	<ul style="list-style-type: none"> ✓ fortified cereals ✓ red meat ✓ milk and beans 	9 to 15 milligrams	<ul style="list-style-type: none"> ✓ a 75g portion of cooked veal - 8.4 to 8.9 mg with ✓ 3/4cup of lentils - 1.9mg and ✓ 1 cup of skimmed milk -1.1mg
Copper	<ul style="list-style-type: none"> normal heart, skeletal and nervous system 	<ul style="list-style-type: none"> ✓ liver, lentils, ✓ dried apricots and ✓ dark chocolate 	1 milligram	<ul style="list-style-type: none"> ✓ 1 piece of dark chocolate - 0.9mg, ✓ 1 cup of dried apricots - 0.69mg or ✓ ¼ cup of sunflower seeds - 0.63mg
Fiber	<ul style="list-style-type: none"> prevent constipation and aid digestion 	<ul style="list-style-type: none"> ✓ wholegrain breads, ✓ oats and ✓ lots of fresh vegetables such as sweet potato and fruits 	28 grams	<ul style="list-style-type: none"> ✓ 1 cup of cereal - 20g and ✓ 1 cup of dried apple - 7.5g or ✓ one fresh apple with skin - 3.5g, ✓ one raw avocado - 17g, ✓ 1 cup of dried figs - 24g
Water	<ul style="list-style-type: none"> prevent constipation and urinary tract infection. dehydration can result in preterm labor 	<ul style="list-style-type: none"> ✓ watermelon and cucumber ✓ broccoli ✓ carrots and ✓ green peas ✓ drink clear water 	up to 10 glasses	<ul style="list-style-type: none"> ✓ fruit, such as strawberries or lemon, ✓ flavored water, each bite of watermelon is 92% water and ✓ broccoli is 91% and carrots 87% water by weight
Iodine	<ul style="list-style-type: none"> to prevent mental retardation and hyperactivity disorders as well as learning difficulties, deficiencies result in miscarriage and still birth 	<ul style="list-style-type: none"> ✓ small amounts of iodated salt ✓ as used in cooking ✓ cranberries, strawberries, ✓ eggs and cow's milk 	150 micrograms	<ul style="list-style-type: none"> ✓ 1 cup of strawberries - 13mcg ✓ 1 cup of yoghurt - 71 mcg
*Note that you should never take iodine supplements without your doctor's advice				
Protein	<ul style="list-style-type: none"> cell and muscle growth and repair 	<ul style="list-style-type: none"> ✓ eggs ✓ lean red meat ✓ beans, legumes and ✓ milk ✓ lean chicken breast and pork ✓ fish ✓ tofu, yoghurt 	70 grams	<ul style="list-style-type: none"> ✓ an 86g portion of boneless, skinless grilled chicken breast - 26g, ✓ with half cup lentils boiled - 9g. Add ✓ 8g more with 1 cup of milk or ✓ 6g from 1 hard boiled egg, ✓ 178g of salmon fillet - 39g
Choline	<ul style="list-style-type: none"> healthy baby brain development 	<ul style="list-style-type: none"> ✓ egg yolk ✓ red meet ✓ avocado 	450 milligrams	<ul style="list-style-type: none"> ✓ 1 cup of dark leafy greens - 61mg ✓ half a cup of Brussel sprouts - 31mg ✓ 85g portion of salmon - 68mg
Calcium	<ul style="list-style-type: none"> baby bone growth and healthy teeth and muscles 	<ul style="list-style-type: none"> ✓ sardines, ✓ fortified cereals, ✓ dried figs and apricots ✓ green leaf vegetables such as broccoli and kale ✓ yoghurt, and cereals 	1000 – 1300 mg	<ul style="list-style-type: none"> ✓ 1 cup cereal - 1000mg, ✓ 1 cup juice - 349mg, ✓ 1 cup skim milk -299 mg, ✓ 170g yogurt - 258 mg, ✓ 85 g salmon - 181mg, ✓ half a cup boiled spinach- 123mg



YOUR Pregnancy *Vitamins* GUIDE

Healthy Mom  Healthy Baby

Vitamin	Function	Food Source	Needed Daily	Suggested snack/meal
A	<ul style="list-style-type: none"> for strong bones and teeth 	<ul style="list-style-type: none"> ✓ eggs ✓ green leaf vegetables and sweet potatoes and ✓ drink milk 	770 to 1000mcg	✓ one 180 g sweet potato - 1730mcg
B1/ Thiamin	<ul style="list-style-type: none"> to regulate the nervous system 	<ul style="list-style-type: none"> ✓ eat fortified cereal ✓ eggs, berries ✓ whole grains ✓ meat ✓ oranges 	1.4mg	<ul style="list-style-type: none"> ✓ 1 portion of blackberries - 0.08, ✓ 1 cup of green peas - 0.45mg, ✓ 1 cup of sunflower seeds - 0.68mg
B2/ Riboflavin	<ul style="list-style-type: none"> for good eye sight and healthy skin 	<ul style="list-style-type: none"> ✓ red meat ✓ dairy ✓ eggs and ✓ fish 	1.4mg	<ul style="list-style-type: none"> ✓ 1 cup of spinach - 0.43mg and ✓ 1 cup of hard boiled egg - 0.7mg
B3/Niacin	<ul style="list-style-type: none"> aid digestion, healthy skin and the nervous system 	<ul style="list-style-type: none"> ✓ bread ✓ milk ✓ eggs and ✓ cereals 	18 – 35 mg	<ul style="list-style-type: none"> ✓ an 85g portion of cooked chicken - 12.6mg and a ✓ cup of green peas 3mg
B6/ pyridoxine	<ul style="list-style-type: none"> for normal red blood cell formation and also reduces morning sickness 	<ul style="list-style-type: none"> ✓ eggs ✓ vegetables such as spinach, carrots, peas and broccoli, ✓ fruits like bananas, ✓ oats, bran, sunflower seed ✓ fish, chicken 	1.9mg	<ul style="list-style-type: none"> ✓ 1 cup of sunflower seeds - 1.88mg, ✓ 98g of lean pork - 0.78mg
B12	<ul style="list-style-type: none"> DNA synthesis and to prevent neural tube defects 	<ul style="list-style-type: none"> ✓ fish ✓ eggs ✓ chicken ✓ dairy and ✓ lean red meat 	2.6mcg	<ul style="list-style-type: none"> ✓ ¾ cup fortified cereal - 6.2mcg and ✓ 1 cup yoghurt - 1 mcg
B9/ Folate	<ul style="list-style-type: none"> needed to prevent birth defects and support the placenta 	<ul style="list-style-type: none"> ✓ fruits like oranges and strawberries, ✓ vegetables such as spinach, broccoli, ✓ peas and beans as well as ✓ fortified cereals 	400 to 800 mcg	<ul style="list-style-type: none"> ✓ 1 cup lentils - 358mcg, ✓ half a cup broccoli - 84mcg ✓ 1 cup orange - 70mcg, ✓ 1 slice of wheat bread - 25mcg
C	<ul style="list-style-type: none"> antioxidant, for blood vessel collagen formation and a healthy immune system Note that Vitamin C also improves the absorption of iron 	<ul style="list-style-type: none"> ✓ fruits like oranges and strawberries and ✓ vegetables like bell peppers, green beans, broccoli and tomatoes 	40 to 85 mg	<ul style="list-style-type: none"> ✓ 1 cup of bell peppers 190mg, ✓ fruit salad with 1 cup kiwi 167mg, ✓ 1 cup strawberries 98mg, ✓ 1 cup of oranges 96mg
D	<ul style="list-style-type: none"> for healthy bones and teeth 	<ul style="list-style-type: none"> ✓ salmon ✓ fortified cereals ✓ milk and ✓ orange juice ✓ yoghurt 	5 mcg/600 IU	<ul style="list-style-type: none"> ✓ a 85g portion of cooked salmon – 570IU, with ✓ 1 cup skimmed milk - 115 IU or ✓ 237ml of a calcium and vitamin d fortified orange juice - 100 IU, ✓ add 1 large hard boiled egg to your day for 44 IU additional vitamin D
*one of the most important pregnancy vitamins Note that the best source of Vitamin D is summer sunlight				
E	<ul style="list-style-type: none"> to form normal muscles 	<ul style="list-style-type: none"> ✓ spinach and fortified cereal ✓ seeds, ✓ dark leaf vegetables like broccoli, avocados, kiwi and ✓ olive oil 	15 mg	<ul style="list-style-type: none"> ✓ 1 salmon fillet - 1 mg ✓ 1 cup of broccoli - 2.3mg ✓ 1 cup squash - 3.2mg ✓ 1 avocado - 3.2mg ✓ 1 handful sunflower seeds - 7.3mg



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YOUR HEALTHY

Pregnancy

Supplement Checklist

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<i>Nutrient</i>	<i>Recommended Dose</i>	<i>Check</i>
Folic acid	400 to 600 mcg	
Iron	17 to 27 mg	
Calcium	200 to 1,000 mg	
Vitamin D	1400 to 600 IU	
Choline	450 mg	
DHA	200 to 300 mg	
Vitamin A	770 mcg	
Iodine	150 to 220 mcg	
Vitamin C	70 mg	
Thiamine	3 mg	
Riboflavin	2 mg	
Vitamin E	10 mg	
Vitamin B12	6 mcg	
Niacin	20 mg	

** Supplement needed nutrients from fresh foods*



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