

# Pregnancy Grocery List

A lot of a healthy pregnancy diet comes down to a handful of foods you can keep on rotation. Here is a simple starting point, with the main nutrient each food offers.

## ● Protein

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- **Eggs:** choline for baby's brain development, plus complete protein. Cook fully.
- **Chicken:** lean protein, iron, and B vitamins.
- **Salmon:** omega-3s (DHA) for brain and eye development; low-mercury.
- **Lentils:** plant protein with iron, folate, and fiber.
- **Chickpeas:** plant protein, folate, and fiber.

## ● Dairy

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- **Milk:** calcium, vitamin D, protein, and iodine. Choose pasteurized.
- **Cheese:** calcium and protein. Choose pasteurized.
- **Yogurt:** calcium, protein, and probiotics. Plain keeps sugar down.

## ● Vegetables

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- **Spinach:** folate and iron, especially helpful early on.
- **Broccoli:** folate, fiber, and vitamin C.
- **Carrots:** beta-carotene (vitamin A) and fiber.
- **Sweet potatoes:** beta-carotene, fiber, and potassium.

## ● Fruit

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- **Oranges:** vitamin C and folate. Vitamin C also helps iron absorption.
- **Blueberries:** vitamin C, fiber, and antioxidants.
- **Strawberries:** vitamin C and folate.
- **Apples:** fiber and an easy everyday snack.
- **Bananas:** potassium and vitamin B6, which can ease early nausea.

## ● Healthy fats & nuts

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- **Avocado:** healthy fats, folate, potassium, and fiber.
- **Almonds:** healthy fats, protein, magnesium, and vitamin E.
- **Walnuts:** plant-based omega-3s and healthy fats.

## ● Whole grains

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- **Oats:** fiber, iron, and slow-release energy.
- **Brown rice:** fiber, B vitamins, and magnesium.
- **Whole grain bread:** fiber and B vitamins. Many are folate-fortified.

### A few pregnancy notes

- ✓ Choose pasteurized milk, cheese, and yogurt.
- ✓ Cook eggs, chicken, and fish fully.
- ✓ Salmon is low-mercury, one of the safer fish to eat often.
- ✓ Rinse fruit and vegetables well before eating.