

Healthiest Foods for Pregnancy

When it comes to the best foods to eat in pregnancy, a variety of whole foods is key. Limit sugar and processed foods. Load up on veggies, healthy fats, and proteins.



Veggies & Fruits

Dark leafy green vegetables

Asparagus

Broccoli

Sweet Potato

Baked Potato (with skin)

Bell peppers

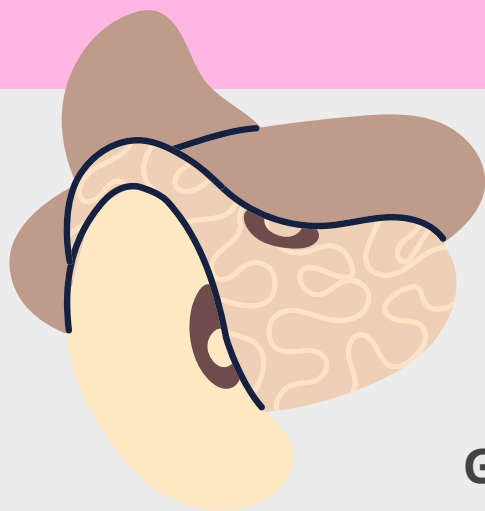
Berries

Healthy Fats

Avocado

Olives

Nut butters



Protein

Legumes

Organic yogurt

Pasture raised eggs

Grass fed steak/burger

Organic chicken

Bone broth

Wild caught salmon