Build a Healthy Eating Routine When You're Pregnant or Breastfeeding

When you're pregnant or breastfeeding, it's important to give yourself and your baby the nutrition needed to grow and thrive.

Follow these tips to eat healthy during pregnancy and breastfeeding.



Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas





Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama





Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta





Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu





Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt





Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



It's normal to crave or dislike certain foods during pregnancy — and the foods listed here are only a few examples of healthy choices. You can find foods that work for you at **DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf**.

Guide Information Pregnancy

Patricia Davidson



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Table of Contents Guide Information Pregnancy

- 1. Understanding the eBook Guide Information Pregnancy
 - The Rise of Digital Reading Guide Information Pregnancy
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Guide Information Pregnancy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide Information Pregnancy
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Guide Information Pregnancy
 - Personalized Recommendations
 - Guide Information Pregnancy User Reviews and Ratings
 - Guide Information Pregnancy and Bestseller Lists
- 5. Accessing Guide Information Pregnancy Free and Paid eBooks

- Guide Information Pregnancy Public Domain eBooks
- Guide Information Pregnancy eBook Subscription Services
- Guide Information Pregnancy Budget-Friendly Options
- 6. Navigating Guide Information Pregnancy eBook Formats
 - o ePub, PDF, MOBI, and More
 - Guide Information Pregnancy Compatibility with Devices
 - Guide Information Pregnancy Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide Information Pregnancy
 - Highlighting and Note-Taking Guide Information Pregnancy
 - Interactive Elements Guide Information Pregnancy
- 8. Staying Engaged with Guide Information Pregnancy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide Information Pregnancy
- 9. Balancing eBooks and Physical Books Guide Information Pregnancy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide Information Pregnancy
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guide Information Pregnancy
 - Setting Reading Goals Guide Information Pregnancy
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide Information Pregnancy
 - Fact-Checking eBook Content of Guide Information Pregnancy
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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