

5.

Foods Containing Vital Nutrients for Pregnancy



Vitamin E	Folic Acid	Calcium	Magnesium	Iron	Potassium	Zinc
Whole grains	Blackeye peas	Parsley	Almonds	Meat (lean)	Bananas	Lean meat
Nuts	Beans & pulses	Watercress	Kelp	Fish	Avocado	Fish
Seeds	Lentils	Spinach	Green leafy vegetables	Chicken	Carrots	Chicken
Organic cold pressed nut & seed oils (sesame, walnut)	Green leafy vegetables	Broccoli	Tofu	Eggs	Pineapple	Eggs
	Asparagus	Cottage Cheese	Legumes	Kelp	Leafy green vegetables	Pumpkin seeds
	Oatmeal	Yoghurt	Rye	Molasses	Beans	Sunflower seeds
	Dried figs	Bony fish	Buckwheat	Pumpkin seeds	Potato	Whole grains
	Avocado	Figs	Millet	Broccoli	Tomato	Legumes
		Kelp	Molasses	Oatmeal	Apples	Ginger root
		Molasses	Brown rice	Spinach	Dried apricots	Split peas
		Hard cheese (Edam, Gouda)	Bananas	Parsley	Peaches	Rye
		Sesame seeds	Dried figs	Dried apricots	Melon	Oats
		Linseeds	Dried apricots	Dried figs		Parsley
		Tofu	Barley	Dried peaches		
				Prunes		
				Sardines		

Beta Carotene	Vitamin B6	Vitamin B12	Vitamin C	Selenium	Chromium	Manganese
Green plants	Whole grains	Sardines	Red peppers	Brazil nuts	Wheat germ	Pecans
Carrots	Chickpeas	Trout	Kale	Garlic	Rye bread	Spinach
Sweet potatoes	Seeds	Salmon	Parsley	Butter	Potatoes	Brazil nuts
Apricots	Raisins	Lamb	Watercress	Barley	Green pepper	Barley
Squash	Lentils	Eggs	Broccoli	Smoked herring	Apples	Oats
Green peppers	Bananas	Lean beef	Kiwi fruit	Brown rice	Butter	Rye
	Avocado	Edam cheese	Strawberries	Wheatgerm	Parsnips	Raisins
	Cabbage	Cottage cheese	Blackcurrants	Oats	Cornmeal	Buckwheat
	Molasses		Papaya	Wholegrains	Banana	Turnip greens
	Milk products		Spinach	Red Swiss chard	Spinach	Split peas
	Eggs		Oranges & juice		Carrots	Beet greens
			Cabbage		Blueberries	Walnuts
			Melon		Green beans	Brussels sprouts
			Mango		Butter	Cornmeal
			Lemon		Cabbage	Millet
					Molasses	Carrots
					Black pepper	Broccoli
						Brown rice
						Green leafy vegetables
						Ginger
						Eggs
						Parsley
						Thyme
						Cloves