



Prenatal Nutrition

Pregnancy is an incredible and beautiful season of life. Proper nutrition is more important than ever, because what a mother eats (or doesn't eat) not only impacts the health of her children, but also her children's children (via an effect called epigenetics). Beyond this overview of how & what to eat during pregnancy, the best way to nourish yourself (and your child) is to **LISTEN** to & **HONOR** your body's needs.

NUTRITIONAL WEALTH

The focus during pregnancy should be putting your body into a state of **NUTRITIONAL WEALTH**. This means taking every opportunity to maximize the nutrients in your diet and body.

1. Fill your plate with *whole foods*, such as colorful fruits & vegetables, healthy fats, and quality protein.
2. Avoid *fasting* & *detoxes* during this time, as they are additional stressors (and can influence your baby's development).
3. *Supplements* (like a prenatal multivitamin, probiotic, or omega 3 fatty acid) can be helpful for some. Do your research before taking herbals (many have not been studied during pregnancy).
4. Listen to your *cravings*, that is your body communicating its needs!



Nutrients are more than building blocks for growth—they also regulate genetic expression (whether certain processes are turned on or off).

Should I eat fish?

Yes. Mercury in fish is only an issue because it binds selenium, a necessary nutrient. This is not an issue if there is more selenium than mercury (as in most fish). There are more consequences from inadequate consumption of the essential nutrients and fatty acids found in fish & seafood.



NUTRIENTS OF FOCUS

- **FAT SOLUBLE VITAMINS (A, E, D, K)**
dairy, meat, fish, greens
- **OMEGA-3 FATTY ACIDS**
fish & seafood
- **CHOLINE**
eggs, beef, liver, crucifers
- **FOLATE**
greens, crucifers, legumes (whole food > synthetic folic acid)
- **IRON**
meat, fish, seafood, liver

These nutrients are essential for proper development of the baby's brain & nervous system.