

Western Nutrition	
<p><i>Western Nutrition (Besides pre-natal vitamins – food choices to enhance health)</i></p> <p><i>All foods are best if natural or organic and less processed.</i></p>	<p style="text-align: center;">First Trimester (Focus)</p> <p>Vitamin A: Fish oils, egg yolk, butter, cheese, yogurt, carrots, spinach, red peppers, tomatoes, broccoli, apples, and mangoes.</p> <p>Vitamin B: molasses, egg yolks, whole grains, wheatgerm, rice, legumes, green veggies, bananas, papaya, dried peaches, prunes.</p> <p>Folic Acid: (up to 400ug/day for first trimester) green leafy veggies, wholegrains, wheatgerm, milk, salmon, root veggies, nuts.</p> <p>Vitamin C: citrus fruits (avoid oranges or orange juice), blackcurrants, melons, pineapple, bananas, raspberries (especially wonderful because help to strengthen uterus), apples, prunes, tomatoes, potatoes, green peppers, Brussels sprouts, kale, broccoli, parsley, alfalfa, rosehips.</p> <p>Vitamin E: unrefined, cold pressed oils (olive, flax etc) wholegrains, wheatgerm, nuts, green leafy veggies, avocados, molasses, and eggs.</p> <p>Iron: molasses, wholegrains, wheatgerm, red meat, poultry, almonds, egg yolk, wholegrains, avocados, dried figs, currants and green leafy veggies. Iron uptake is increased if taken with Vitamin C.</p> <p>Zinc: meat and poultry, fish, ginger, sunflower, sesame, pumpkin and sprouted seeds, almonds, soybeans, green leafy veggies, watercress, wheat & oat germ, wholegrains.</p> <p style="text-align: center;">Second Trimester (1st trimester plus)</p> <p>Vitamin D: whole milk, cheese, yogurt, eggs, fish oil and fatty fish.</p> <p>EFA's (Essential Fatty Acids): nuts, unrefined oils, nut butters (almond, sesame etc), green leafy veggies, seeds</p>

	<p>(sunflower), oily fish (mackerel, Tuna).</p> <p>Calcium: wholegrains, nuts, dairy products, carob, dolomite, green leafy veggies</p> <p>Chromium: molasses, wholegrains, wheatgerm, veggies, butter</p> <p>Magnesium: nuts, kelp, seafood, eggs, milk, wholegrains, green veggies, dolomite</p> <p>Selenium: Tuna, herring, butter, wheatgerm, brazil nuts, garlic, wholegrains.</p> <p style="text-align: center;">Third Trimester (1st & 2nd trimesters plus)</p> <p>Vitamin K; cauliflower, cabbage, egg yolks, green leafy veggies, soya beans</p> <p>Calcium: Carob, brazil nuts, yogurt, rhubarb, green leafy veggies, dairy products</p>
<p>Foods to avoid and/or reduce in diet</p>	<p>Avoid/reduce foods containing too much sugar or caffeine, saturated fats (fried foods), additives, preservatives, and sodas.</p> <p>Particularly avoid: pate, cooked <u>chilled</u> foods (left-overs), undercooked meat, uncooked eggs, soft or blue-veined or unpasteurized cheese (Brie, Blue Cheese) – These carry the risk of infection from salmonella, listeria</p>
<p>Food remedies</p>	<p>Morning Sickness:</p> <ol style="list-style-type: none"> 1. bland foods (millet, quinoa, amaranth, rice, yogurt, saltine crackers) 2. grapefruit peel tea (organic grapefruit, strip peel and steep as tea) 3. small meals or snack throughout day 4. make sure you are not dehydrated <p>Constipation: Drink a glass of unfiltered peach juice a day (organic preferred).</p>