

# Top 20 Foods for Pregnancy

## Eat Well

During pregnancy, it is important to eat foods that are rich in nutrients. This is a list of the top 20 foods for pregnancy. Keep them on hand so that you can eat them for snacks as well as meals.

Food	Main Nutrients	Tips
Baked potato and sweet potato	Vitamin C (sweet potatoes are high in vitamins A and C)	Eat the skin and top with yogurt instead of sour cream and butter.
Bran cereals	Fiber	Bran is one of the best sources of fiber.
Bran muffin	Fiber, B vitamins and folic acid	Bran is a better choice than a blueberry or other fruit muffin.
Broccoli	Vitamins A, C, and folic acid	Dip raw broccoli in a yogurt-based dip as a snack.
Cantaloupe	Vitamins A and C	Cut half a small melon into cubes and eat it as a snack.
Chicken and turkey	Low-fat protein and iron	Remove the skin. Dark meat has more iron than light meat.
Fish	Low-fat protein	Have it broiled rather than fried.
Fortified cooked cereal	Iron	Fortified cereals have more iron than oatmeal.
Fortified ready-to-eat cereal	Fiber, iron, calcium and folate	Look for a whole grain cereal. Some can be eaten dry as a snack.
Green and red peppers	Vitamins A, C, and folic acid	Add to pizza or eat raw as a snack.
Low-fat milk and yogurt	Calcium and protein	Make your own smoothie by blending fruit, milk and yogurt.
Orange juice	Vitamin C	Just 6 ounces gives you a day's requirement of Vitamin C.

**(over)**

Food	Main Nutrients	Tips
Pizza	Calcium, protein and vitamins	Add a lot of veggies, skip the pepperoni and sausage, and get a whole-wheat crust.
Popcorn	Fiber	Go easy on the butter and salt.
Spinach and romaine lettuce	Vitamins A, C, and folic acid	These have more vitamins and minerals than iceberg lettuce.
Tomatoes	Vitamins A and C	Eat raw or as tomato sauce on pizza or pasta.
Tomato-vegetable juice	Vitamins A and C	The juice is high in sodium, so limit this to 1 serving a day.
Whole wheat bread	Fiber, B vitamins and folic acid	Any whole grain bread with at least 2 grams of fiber is a good choice.