

# Healthiest Foods for Pregnancy

When it comes to the best foods to eat in pregnancy, a variety of whole foods is key. Limit sugar and processed foods. Load up on veggies, healthy fats, and proteins.



## Veggies & Fruits

**Dark leafy green vegetables**

**Asparagus**

**Broccoli**

**Sweet Potato**

**Baked Potato (with skin)**

**Bell peppers**

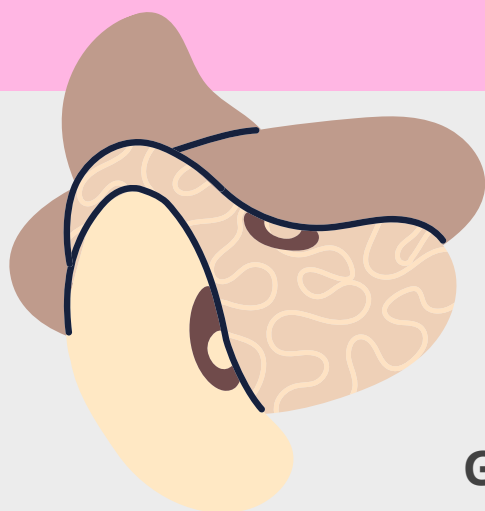
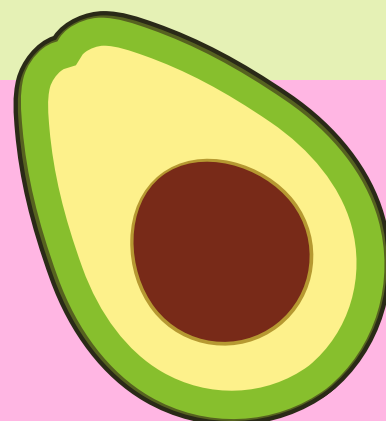
**Berries**

## Healthy Fats

**Avocado**

**Olives**

**Nut butters**



## Protein

**Legumes**

**Organic yogurt**

**Pasture raised eggs**

**Grass fed steak/burger**

**Organic chicken**

**Bone broth**

**Wild caught salmon**