



Build a Strong Foundation for a Healthy Pregnancy

	Sun	Mon	Tu	Wed	Th	Fri	Sat
Dairy							
Egg							
1oz/7g protein							
1oz/7g protein							
Green veggie							
Whole Grain							
Vitamin C Source							
Fats & oils							
Yellow or Orange Fruit or Veggie							
Liver (at least once a week, if you like it)							
Other Snacks (specify)							
Prenatal Supplements							
Probiotics							
Regular Physical Movement							
Relaxation (20 minutes each session)							
Weight (weigh only when you feel like it)							

Checking all the boxes above each and every day will ensure you, your baby, placenta and uterus are getting all the nutrients necessary to build a strong nutritional foundation AND getting all the movement necessary to create a strong body that is ready for the birthing process. The goal here is for there to be a strong mother working with a strong uterus and a strong baby during the birthing process. Meeting this goal will create an easier experience with lower risk of complications and shorter healing time postpartum. There is no need to count calories because you will meet your daily caloric needs IF you successfully eat everything listed. Keep track of your daily water intake as well – remember to drink half your current weight in ounces of water daily. Also, remember to salt your food to taste with sea salt and take some time to relax.

(nutrition resources: www.DrBrewerPregnancyDiet.com & www.TheRealBlueRibbonBaby.org)

IMPORTANT - THIS MATERIAL IS FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY

This information is not intended to treat, cure, or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. The information provided here is not intended as a substitute for advice from a health care professional. Clients should consult with a healthcare professional before starting any diet, exercise or supplementation program, and also before taking any medication, or if they suspect they might have a health problem.

IMPORTANT NOTICE & DISCLAIMER:

ANGELA TAYLOR, D. PSc. is licensed by the Pastoral Medical Association to provide natural health services to individuals registered in the Member Share Network. All information in this document is intended solely for registered members of the network and for individuals interested in learning more about natural health services. If you wish to receive services, member registration is free and may be completed at www.PMAI.us/forthepublic. Note that if you have a complaint on our services or wish to check the status of our license you should contact the Pastoral Medical Association.