

10 Frugal Foods to Eat for a Healthy Pregnancy & Baby

1. Milk and Greek yogurt.
2. Lentils beans, peas, chickpeas, soybeans, and peanuts.
3. Sweet potatoes (fiber), carrots, squash, cantaloupe, apricots, spinach, and kale. All variety of berries.
4. Avocados.
5. Salmon – Talk to your care provider before eating fish.
6. Broccoli and dark, leafy greens.
7. Eggs.
8. Water.
9. Olive oil, chia seeds, flaxseed, pumpkin and sunflower seeds.
10. Lean meats (beef, pork, and chicken).
11. Oats, quinoa, brown rice (whole grains).
12. Dried fruit.



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