

Pregnant and Hungry

Pregnancy
Eating 101

Nutrient-rich foods to benefit you and
your baby. Eat up, Mama!

FRUITS		VEGETABLES	
Apples	Kiwi	Artichoke	Fennel
Apricots	Lemons	Asparagus	Garlic
Avocados	Limes	Beet Greens	Green Beans
Bananas	Mango	Beets	Kale
Blackberries	Oranges	Bell Peppers	Mesclun Lettuce
Blueberries	Papaya	Bok Choy	Mushrooms
Cantaloupe	Pears	Broccoli	Nori
Cherries	Pineapple	Brussels Sprouts	Peas
Coconut	Raisins	Butternut Squash	Potatoes
Dates	Raspberries	Cabbage	Rapini
Figs	Strawberries	Carrots	Red Leaf Lettuce
Grapefruit	Tomatoes	Cauliflower	Romaine Lettuce
Grapes	Watermelon	Celery	Spinach
Honeydew		Collard Greens	Sweet Potatoes
		Corn	Swiss Chard
		Cucumbers	Turnip Greens
		Eggplant	



NUTS

Almonds
Brazil Nuts
Cashews
Hazelnuts
Macadamia Nuts
Peanuts
Pecans
Pine Nuts
Pistachios
Walnuts

MEAT

Beef
Chicken
Lamb
Pork
Turkey

SEAFOOD

Anchovies
Cod
Halibut
Salmon
Scallops
Shrimp
Snapper
Tilapia
Tuna (Canned Chunk Light)

LEGUMES

Black Beans
Chickpeas
Edamame
Kidney Beans
Lentils
Navy Beans
Peanuts
Pinto Beans
Tempeh
Tofu

HERBS

Basil
Cilantro
Ginger
Mint
Oregano
Parsley
Rosemary

SEEDS

Chia Seeds
Flaxseeds
Hemp Seeds
Pepitas
Sesame Seeds
Sunflower Seeds

DAIRY

Butter
Blue Cheese
Cheddar Cheese
Cottage Cheese
Eggs
Feta Cheese
Ghee
Goat Cheese
Gruyère Cheese
Milk
Mozzarella
Parmesan
Ricotta
Swiss Cheese
Yogurt

GRAINS

Barley
Brown Rice
Breads
Flour
Oats
Pasta
Quinoa
Wild Rice

MISC.

Chocolate
Red Raspberry Leaf Tea

[Source 1](#) [Source 2](#) [Source 3](#) [Source 4](#) [Source 5](#) [Source 6](#)

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Our recipes are developed under the caring guidance of an RDN (Registered Dietitian Nutritionist) in addition to a Licensed Midwife in good standing with the California Medical Board who's also a Certified Professional Midwife as granted by the North American Registry of Midwives and a professional Lactation Consultant as certified by the IBCLC (International Board of Lactation Consultant Examiners). While we refer to [trusted sources](#) from peer-reviewed medical journals to information from highly regarded worldwide health institutions, this website is not intended to replace medical advice. Consult your personal midwife, doctor, or nutritionist with health questions related to your pregnancy and postpartum journey.