

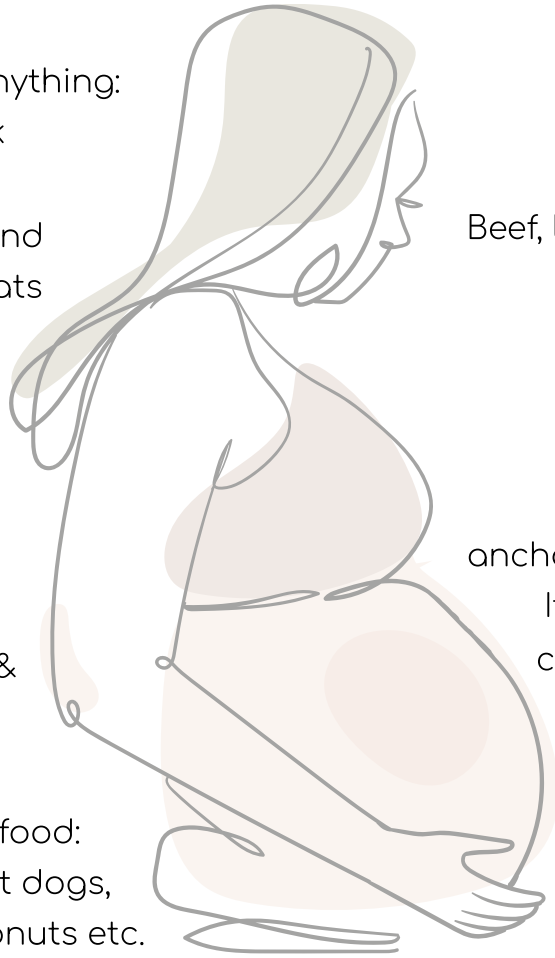


THE CLOCK HOUSE
ULTRASOUND AND SURGICAL
CLINIC



What to eat while *pregnant*

the bad

-  Undercooked eggs
-  Unpasteurized anything: juice, cheese, milk
-  Raw, processed, and undercooked meats
-  Raw fish & sushi
-  Swordfish, shark, tilefish
-  Alcohol, caffeine & energy drinks
-  Cut back on fast food: sausages and hot dogs, cookies, pizza, donuts etc.



the good

- Avocados 
- Leafy greens 
- Beef, lamb, veal, pork, kangaroo, lean (lower salt) sausages 
- Salmon, tuna 
- Smaller oily fish (sardines, anchovies & mackerel) are 'safe'. It is recommended they are consumed 2-3 times a week. 
- Beans & Lentils 
- Nuts, Yogurt, Oatmeal 

A 2010 study

by the institute of Medicine found that

48%

of women gained more than the recommended amount of weight during their pregnancies, leading to difficulties during delivery, additional risks to baby, and more difficulty losing weight post-pregnancy.

An astounding number of pregnant women **do not consume** the recommended amount of many important nutrients:

97%

don't get enough **folate**

79%

don't get enough **calcium**

100%

don't get enough **iron**

Know Exactly What to Eat During Pregnancy with the Help of a **Certified Nutritionist**

Contact us at: balancedbodytips@gmail.com