

Food Guidelines for Prenatal Wellness

Date: [Insert Date]

Dear [Recipient's Name],

Congratulations on your pregnancy! As you embark on this beautiful journey, it's important to prioritize your nutrition to ensure both your health and the health of your baby. Below are some guidelines to help you maintain a balanced and nourishing diet during this special time.

Essential Nutrients:

- **Folic Acid:** Aim for at least 600 mcg daily to support fetal development.
- **Iron:** Include iron-rich foods such as spinach, lentils, and lean meats.
- **Calcium:** Consume dairy products or fortified alternatives for healthy bone development.
- **Omega-3 Fatty Acids:** Incorporate sources like fish, walnuts, and flaxseeds for brain health.

Recommended Foods:

- **Fruits and Vegetables:** Aim for a variety of colors.
- **Whole Grains:** Choose brown rice, oats, and whole grain bread.
- **Lean Proteins:** Include poultry, fish, beans, and legumes.
- **Healthy Fats:** Opt for avocados, nuts, and olive oil.

Hydration:

Stay hydrated by drinking plenty of water throughout the day. Aim for at least 8-10 cups daily.

Foods to Limit or Avoid:

- Raw or undercooked seafood, eggs, and meat.
- High-mercury fish, such as shark and swordfish.
- Unpasteurized dairy products.
- Processed foods high in sugar and salt.

Remember to consult with your healthcare provider for personalized advice tailored to your needs. Wishing you a healthy and joyful pregnancy journey!

Sincerely,
[Your Name]
[Your Title]