

Dear Expecting Mothers,

Welcome to our maternity classes! As you embark on this beautiful journey, it is important to maintain a healthy diet to support both you and your baby.

Key Nutritional Guidelines:

- **Fruits and Vegetables:** Aim for at least 5 servings a day.
- **Whole Grains:** Incorporate brown rice, whole wheat bread, and oats.
- **Lean Proteins:** Choose lean meats, fish, eggs, beans, and nuts.
- **Dairy:** Include low-fat milk, yogurt, and cheese for calcium and vitamin D.
- **Hydration:** Drink plenty of water throughout the day.

Foods to Avoid:

- Raw or undercooked eggs, meats, and seafood.
- Unpasteurized dairy products.
- Caffeinated beverages in excess.
- High-mercury fish, such as shark and swordfish.

Supplement Recommendations:

Consider discussing prenatal vitamins with your healthcare provider, particularly folic acid, iron, and DHA.

For any questions or personalized dietary advice, feel free to reach out during our classes.

Wishing you a Healthy Pregnancy!

Sincerely,
Your Maternity Class Team