

# Dear Expecting Parents,

We are excited to welcome you to our wellness workshop focused on prenatal nutrition! Here are some essential tips to ensure you and your baby stay healthy:

## Balanced Diet

- Include a variety of fruits and vegetables for vitamins and minerals.
- Opt for whole grains like brown rice and whole wheat bread.
- Incorporate lean proteins such as chicken, fish, beans, and legumes.

## Hydration

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

## Supplements

Consult your healthcare provider about prenatal vitamins, particularly folic acid, to support your baby's development.

## Healthy Snacks

Choose healthy snacks like nuts, yogurt, and fruits to keep your energy levels up throughout the day.

## Limit Caffeine and Sugar

Reduce your intake of caffeine and sugary foods to maintain a healthy lifestyle during pregnancy.

We look forward to discussing these tips and more at our workshop!

Best Regards,  
The Wellness Workshop Team