

Healthy Food Items To Eat *In Pregnancy*

Vegetarian options



Dairy products



Legumes



Leafy vegetables

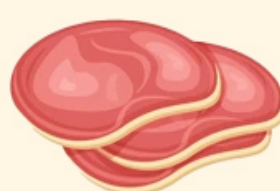


Fruits such as oranges, bananas, avocados, and dried fruits

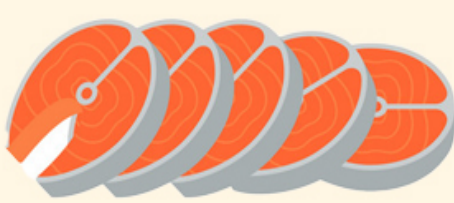
Non-vegetarian options



Eggs



Lean meat



Salmon



Cod liver oil