

# TOP 10 FOODS FOR PREGNANCY

MAIYA AHLUWALIA, RD  
WWW.MAIYAAHLUWALIARD.COM

# 1

## SALMON, MACKEREL & RAINBOW TROUT

These fish are rich in omega-3 fatty acids, & low in mercury. Salmon is one of few natural food sources of vitamin D, & rainbow trout is an excellent source of B-vitamins and minerals.

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# 2

## EGGS

Eggs are a complete protein, & a great source of choline. A single whole egg contains roughly 147mg of choline!

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# 3

## LEGUMES

Includes lentils, peas, beans, chickpeas, soybeans, & peanuts. Legumes are a great plant-based source of fibre, protein, iron, folate, calcium, & zinc.

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## 4 BERRIES

Berries are rich in carbohydrates, fibre, vitamin C, folate, potassium, & magnesium.

Berries are sources of antioxidants & phytonutrients, & may have modulatory effects on pregnancy outcomes.

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## 6 AVOCADO

A unique plant-based food that contains folate, choline, vitamin C, & fibre.

Avocados are a great source of vitamin B, vitamin K, carotenoids, magnesium, potassium, & antioxidants.

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## 5 CHIA SEEDS

One of the best plant sources of alpha-linolenic acid (ALA), an omega-3 fat. Chia seeds are also high in fibre & antioxidants, as well as calcium & other minerals.

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## 7 YOGURT

This includes plain, low-fat, and/or fat-free yogurt. Yogurt is an excellent source of calcium, vitamin D, & proteins, as well as B vitamins & zinc.

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## 9 SWEET POTATO

Sweet potatoes provide vitamin C, folate, carbohydrates & fibre. They are also rich in beta-carotene, which is a plant compound that is converted into vitamin A in the body.

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## 8 WHOLE GRAINS

Whole grains, such as barley, brown rice, buckwheat, and oatmeal, provide essential carbohydrates. Many whole grains and enriched products contain fibre, iron, folate and iron, and various B-vitamins.

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## 10 NUTS

Nuts such as almonds, walnuts, pine nuts, macadamia nuts, and hazelnuts are full of folate, omega-3 & polyunsaturated fatty acids, vitamin E, plant sterols, & magnesium.

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