

Power Foods During Pregnancy

1. **Avocados:** Loaded with folic acid (vital to forming your baby's brain and nervous system), potassium, vitamin C, and vitamin B6 (which not only helps baby's tissue and brain growth, but may also help with your morning sickness), avocados are a delicious way to get your vitamins. Spread some ripe avocado on your whole grain roll as a healthy substitute for mayo. Keep in mind that avocados are high in fat (though the very good kind) and calories, so heap them on your plate only if you're having trouble gaining weight.



2. **Broccoli:** America's favorite cruciferous vegetable, packed with plenty of vitamins A and C, with a calcium bonus (better to build those baby bones with), as well as baby-friendly folic acid.



3. **Carrots:** Carrots are tops when it comes to vitamin A, so important for the development of your baby's bones, teeth, and eyes. They're perfect for munching on the go, but they also shred neatly into almost anything. Carrots are also a good source of vitamins B6 and C, and fiber to keep things movin'.
4. **DHA eggs:** The old egg is still a good egg, delivering a low-calorie, high-protein punch in a tasty little bundle. But here's news: Science now lets us scramble, fry, or boil better eggs, naturally loaded with DHA, one type of omega-3 fatty acid (the "good fat") that is a primary component of the brain and retina, and is essential for brain development and eye formation in the fetus.
5. **Edamame:** These green pods are actually cooked soybeans — and they taste so much better than they sound. Packed with protein, calcium, folic acid, and vitamins A and B, edamame can be scooped up by the handful as a snack (salt them lightly, and you'll never miss the chips), or tossed into just about anything you're cooking, from soups, to pasta, to casseroles, to succotash, to stir-fry.
6. **Lentils:** Branch into beans for folic acid and protein, vitamin B6, and iron. Lentils are the most intestine friendly legume and readily absorb a variety of flavors from other foods and seasonings.
7. **Mangoes:** Sweet revenge for any vegetable avoider, mangoes contain more vitamins A and C bite for delicious bite than a salad. This tropical favorite, also packed with potassium, is especially versatile, a perfect complement to sweet and savory dishes.



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8. **Nuts:** Nuts are chock-full of important minerals (copper, manganese, magnesium, selenium, zinc, potassium, and even calcium) and vitamin E. And even though they're high in fat, it's mainly the good-for-you kind. So in a nutshell, go nuts with nuts and toss them into salads, pasta, meat, or fish dishes, and baked goods.
9. **Oatmeal:** Here's good reason to feel your oats (and eat them often). They're full of fiber, the B vitamins, and iron and a host of other minerals. (try adding some flax seed to add additional Omega 3 fatty acids!)
10. **Red pepper:** A super-source of vitamins A and C, with plenty of B6 in the bargain, a red pepper is one of nature's sweetest ways to eat your vegetables. Enjoy their sweet crunch as a crudité, with or without dip (they make the perfect take-along snack). Chop them into salsa, slice them into stir-fries and pasta dishes, or roast or grill them (with a little olive oil, garlic, and lemon) and serve them up in sandwiches, salads, or antipastos.
11. **Spinach:** Rich in folic acid, iron (which you need for all those blood cells, Baby!), vitamin A, and calcium, spinach now comes completely ready to eat in prewashed bags (free of sand). Eat it raw, in a salad or as a wilted bed for fish or chicken, or layered in lasagna.
12. **Yogurt:** yummy yogurt contains as much calcium as milk — but it's packed with protein and folic acid too. Blend it with fruit and nuts into satisfying smoothies, layer with granola in a breakfast parfait, use it as a low-calorie substitute for sour cream or mayo in sandwich fillings, dips, and salad dressings, or simply spoon it out of the carton.

