

BALANCED PLATES

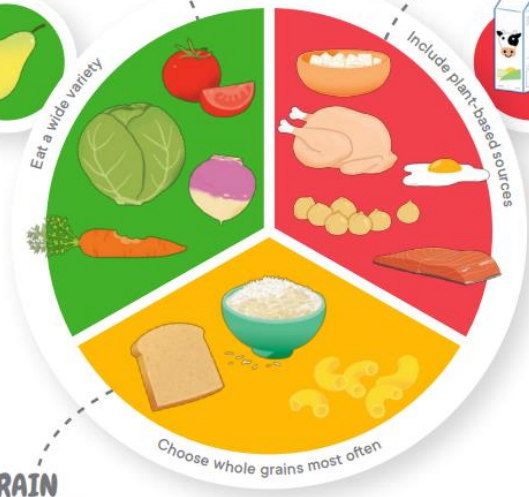
Nutrition for pregnant woman

VEGETABLES AND FRUITS

PROTEIN FOODS



Eat a wide variety



Include plant-based sources



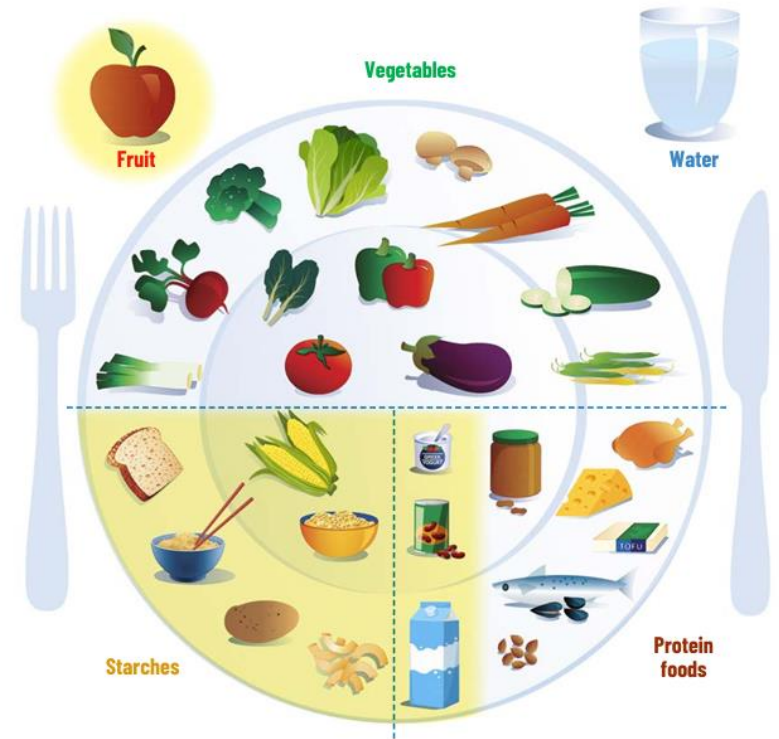
WATER

GRAIN PRODUCTS

Choose whole grains most often

Fondation
Olo 

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Enjoy your meal!

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