

# BALANCED PLATES

## Nutrition for pregnant woman

VEGETABLES AND FRUITS

PROTEIN FOODS

Eat a wide variety

Include plant-based sources

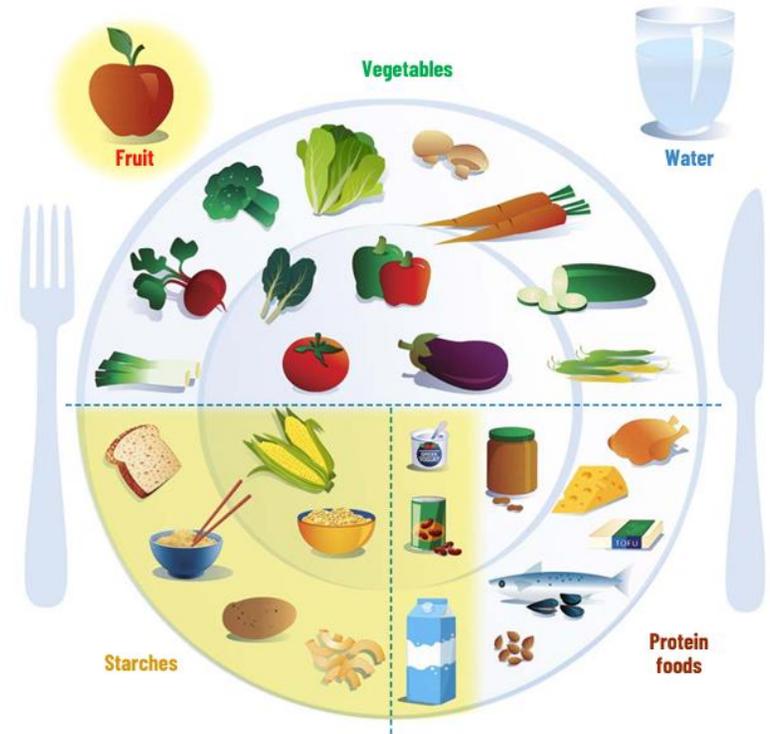
GRAIN PRODUCTS

Choose whole grains most often

WATER

Fondation  
**Olo** 

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*Enjoy your meal!*

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