

FOODS TO AVOID

Alcohol

Caffeine

Deli Meats/Hot Dogs

Meat Spread/Pate

Raw Eggs

Rare Meat

Soft Cheese

Swordfish

Mackerel

Shark

Oysters

Clams

Soda

Unpasteurized Milk

Unpasteurized Juice

Unwashed Vegetables

Chicken

Lean Beef

Lean Lamb

Lean Pork

Turkey

MEAT

Cod

Crab

Salmon

Sardines

Trout

SEAFOOD

Beans

Chickpeas

Lentils

Tahini

Tofu

PROTEIN

GRAINS

Brown Rice

Buckwheat

Millet

Multi-Grain Cereal

Oatmeal

Quinoa

Spelt

Sweet Potatoes

Whole Wheat Bread

Whole Wheat Pasta

VEGETABLES

Alfalfa

Arugula

Artichoke

Asparagus

Avocado

Beets

Broccoli

Brussels Sprout

Cabbage

Carrots

Cauliflower

Celery

Chard

Cilantro

Collard Greens

Cucumber

Eggplant

Garlic

Ginger

Green Bean

Kale

Leeks

Lemon Grass

Lentils

Lettuce

Okra

Onion

Parsley

Parsnips

Peppers

Potatoes

Pumpkins

Radishes

Raisins

Rhubarb

Rutabagas

Shallots

Snow Peas

Spinach

Squash

Soybeans

Tomatoes

Turnips

Yams

Zucchini

CONDIMENTS/OILS

Almond Butter

Apple Butter

Balsamic Vinegar

Honey

Lemon Juice

Lime Juice

Mustard

Peanut Butter

Olive Oil (Lite)

Rice Vinegar

Saffola Oil

Salsa

Tomato Sauce

SNACKS

Almonds

Baked Chips

Cashews

Edamame

Granola

Flax Seed

Hazelnuts

Multi-Grain Crackers

Peanuts

Pecans

Popcorn

Pumpkin Seeds

Safflower Oil

Sunflower Seeds

Trail Mix

Walnuts

Cheese (Hard)

Cottage Cheese

Pudding Pack (Low-Fat)

Skim Milk & Soy Milk

Yogurt (Plain, Unsweetened)

DAIRY

grocery list for pregnancy

FRUIT

Apples

Blackberry

Blueberry

Cantaloupe

Cherries

Cranberries

Cranberries

Dragon fruit

Figs

Grapes

Grapefruit

Guava

Kiwi

Limes

Lemons

Mangosteen

Mango

Melons

Nectarines

Oranges

Papaya

Pears

Pineapple

Plums

Pomegranate

Tangerines