



Power Foods For Pregnancy

- Cod Liver Oil
- Raw milk and/or 5-6 ounces of raw cheese per day
- Two to four ounces of fresh liver
- At least one complete egg per day PLUS as many yolks as possible each day
- Four tablespoons butter or ghee daily
- Two to four servings of fresh fish per week
- Fresh beef, pork or lamb daily (with the fat)
- Oily fish or lard
- Two tablespoons coconut oil daily
- Lacto-fermented foods
- Bone broth
- Fresh vegetables and fruits
- Unrefined salt

