

Gift Card Supplement for a Healthy Pregnancy and Healthy Baby

Each week you will buy:

♥ Three 2 L containers of milk (can have 1-2 L of chocolate milk)

AND

♥ One dozen eggs

AND

♥ One bag (6 or 7) oranges, clementine, kiwi OR two cartons' strawberries

MILK gives baby calcium and vitamin D, which builds strong bones and teeth and helps with proper function of nerves, muscles, and hormones.

ORANGES and other fruit and vegetables are good sources of folate. Folate helps baby grow a healthy spine, brain, and skull.

Fruit and vegetables are a source of vitamin C, which helps iron to be absorbed.

EGGS give baby protein, which is needed to build and repair all parts of baby's body.

SUBSTITUTIONS:

Milk: Fortified Soy Beverages

Egg: Peanut butter OR 3 cans of chicken, turkey, or light tuna.

Fruit: banana and cantaloupe OR sweet peppers such as red, yellow, or orange OR dark green vegetables such as spinach, broccoli, brussels sprouts (can be frozen)

If you need help with substitutions or any other part of your diet, please reach out:

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