

SAFE WAYS TO INCLUDE

PLUMS

In Pregnancy Diet



Make a plum sauce to spread over your toast, pancakes, and waffles.



Have a mixed salad with plums, blueberries, raspberries, strawberries, mint, and honey.



Mix up a plum smoothie for a refreshing and filling snack.



Add more nutrition to your breakfast cereal by adding plums to it.



Pop a few plums into your mouth whenever you feel like snacking instead of eating junk food.



Drink some plum-infused water to enjoy the flavor while staying hydrated.

