

# Sources Of Vitamin B6 For Pregnant Women



Turkey



Fish  
(tuna and salmon)



Avocado



Banana



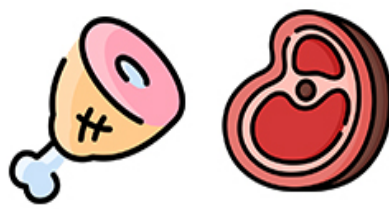
Sunflower seeds



Spinach



Dried fruits  
(prunes, raisins, and apricots)



Lean meat of pork and beef