



Nutritious Ninth Month Pregnancy Diet

Sources of calcium (green leafy vegetables, milk, bread)



Sources of iron (whole grain products, beans, sardines)



Sources of vitamin A (milk, potatoes, carrots)



Sources of vitamin C (broccoli, tomatoes, citrus fruits)



Sources of folic acid (spinach, lentils, kidney beans)



Sources of protein (seafood, soy products, poultry)



Sources of vitamin D (fortified milk, salmon)

