

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)



Mom

 ${\color{red} \textbf{Source:}} \ \underline{\textbf{https://www.momjunction.com/articles/9th-month-pregnancy-care-expect-dosdonts_0078041/}$