

Healthy Pregnancy Grocery List

	Produce	Calcium	Folic Acid	Iron
<input type="checkbox"/>	Apples			✓
<input type="checkbox"/>	Bananas		✓	
<input type="checkbox"/>	Cantaloupe		✓	
<input type="checkbox"/>	Oranges	✓	✓	
<input type="checkbox"/>	Pears	✓	✓	
<input type="checkbox"/>	Pineapple	✓	✓	
<input type="checkbox"/>	Strawberries	✓	✓	
<input type="checkbox"/>	Avocado		✓	
<input type="checkbox"/>	Green Beans		✓	
<input type="checkbox"/>	Carrots	✓	✓	
<input type="checkbox"/>	Tomatoes		✓	✓
<input type="checkbox"/>	Asparagus		✓	✓
<input type="checkbox"/>	Romaine Lettuce	✓	✓	✓
<input type="checkbox"/>	Spinach	✓	✓	✓
<input type="checkbox"/>	Broccoli	✓	✓	✓
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				

	Dairy	Calcium	Folic Acid	Iron
<input type="checkbox"/>	Low Fat or Skim Milk	✓		
<input type="checkbox"/>	Cheddar Cheese	✓		
<input type="checkbox"/>	Eggs	✓		
<input type="checkbox"/>	Cottage cheese	✓		
<input type="checkbox"/>	Mozzarella Cheese	✓		
<input type="checkbox"/>	Yogurt	✓		
<input type="checkbox"/>				
<input type="checkbox"/>				

	Meat	Calcium	Folic Acid	Iron
<input type="checkbox"/>	Beef			✓
<input type="checkbox"/>	Chicken			✓
<input type="checkbox"/>	Ham			✓
<input type="checkbox"/>	Salmon	✓		✓
<input type="checkbox"/>	Other seafood			✓

<input type="checkbox"/>				
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	Beverages	Calcium	Folic Acid	Iron
<input type="checkbox"/>	Orange Juice	✓	✓	
<input type="checkbox"/>	Juices (others)		✓	
<input type="checkbox"/>	Coffee/Tea			
<input type="checkbox"/>	Water			
<input type="checkbox"/>				
<input type="checkbox"/>				

	Grains	Calcium	Folic Acid	Iron
<input type="checkbox"/>	Whole Grain Pasta	✓	✓	✓
<input type="checkbox"/>	Whole Grain Bread		✓	✓
<input type="checkbox"/>	Rice (fortified)		✓	
<input type="checkbox"/>	Cereal (fortified)	✓	✓	✓
<input type="checkbox"/>				
<input type="checkbox"/>				

	Soup	Calcium	Folic Acid	Iron
<input type="checkbox"/>	Chicken Noodle	✓	✓	✓
<input type="checkbox"/>	Vegetable	✓	✓	
<input type="checkbox"/>				
<input type="checkbox"/>				

	Snacks	Calcium	Folic Acid	Iron
<input type="checkbox"/>	Potato chips			
<input type="checkbox"/>	Pretzels			
<input type="checkbox"/>	Ice cream	✓		
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				

	Miscellaneous			
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				