

nutrient dense foods for pregnancy

These foods provide more of the harder to find nutrients based on the recommended daily intake levels of essential nutrients for pregnant women (i.e. glycine, choline, omega 3, vitamin D, iron, calcium, vitamin E, vitamin A, magnesium, potassium, thiamine, folate, zinc and pantothenic acid). From a macronutrient perspective these foods are 41% protein, 18% fat and 27% net carbohydrates with an energy density of 113 calories per 100g.

vegetables & fruit

- watercress
- spinach
- endive
- coriander
- seaweed
- lettuce
- chicory greens
- parsley
- Chinese cabbage
- beet greens
- arugula
- asparagus
- chard
- escarole
- turnip greens
- chives
- collards
- spirulina
- broccoli
- okra
- mustard greens
- alfalfa
- amaranth leaves
- celery
- snap beans
- peas
- zucchini
- yeast extract spread
- cauliflower
- mung beans
- kale
- pickles
- cucumber
- radicchio
- pumpkin
- onions
- sauerkraut
- white mushroom
- butternut squash

- cabbage
- artichokes
- winter squash
- summer squash
- red peppers
- soybeans
- mushrooms
- banana pepper
- edamame
- radishes
- pinto beans
- Brussel sprouts
- turnips
- carrots
- eggplant
- rhubarb
- leeks
- red cabbage
- blackberries
- sweet potato

spices

- basil
- dill
- paprika
- sage
- thyme

nuts & seeds

- cowpeas
- lentils
- black beans
- sunflower seeds

offal

- liver
- kidney
- heart
- tripe
- heart
- brains

animal products

- whole egg
- chicken breast
- egg yolk
- pork
- ham
- protein powder
- cream cheese
- veal
- turkey
- ground beef
- beef steak
- chicken drumstick
- veal loin

seafood

- caviar
- crab
- fish roe
- mussel
- lobster
- crayfish
- oysters
- trout
- conch
- octopus
- salmon
- cod
- shrimp
- flounder
- rockfish
- anchovy
- perch
- whiting
- smelt
- clam
- sardine
- molluscs
- scallop
- tuna