



Healthy Moms, Healthy Babies Nutrition Program
Diet for Pregnant and Nursing Mothers

Food	Amount/Frequency	Comments
Cod Liver Oil	To supply 20,000 IU Vitamin A and 2000 IU Vitamin D per day	
Whole Milk	1 quart (32 ounces) daily	Preferably raw and from pasture-fed cows www.realmilk.com A Campaign for Real Milk
butter	4 tablespoons daily	Preferably raw and from pasture-fed cows
Eggs	2 or more daily	Preferably from pastured chickens
Egg yolks	Additional daily	Added to smoothies, salad dressings, scrambled eggs, etc.
Fresh liver	3-4 ounces, once or twice per week	If you have been told to avoid liver for fear of getting "too much Vitamin A," be sure to read Vitamin A Saga at www.westonaprice.org
Fresh seafood	2-4 times per week	Particularly wild salmon, shellfish and fish eggs
Fresh beef or lamb	Daily	Always consumed with the fat
Oily fish or lard	Daily	For vitamin D
Coconut oil	2 tablespoons daily	Used in cooking or smoothies, etc
Lacto-fermented condiments and beverages	2 tablespoons daily	Used in cooking or smoothies, etc
Bone broths	Used in soups, stews and sauces	
Soaked whole grains		
Fresh, organic vegetables and fruits		

Source: Weston A. Price Foundation