

## **A Basic Diet for Pregnancy**

- 1 quart of milk per baby (or the equivalent) – 4 servings dairy per day**
- 2 eggs a day (or the equivalent)**
- 2 other servings of protein-rich foods**
- 2 servings of green vegetables**
- 2 servings of fruit**
- 5 servings of grain products (whole grains)**
- 3 pats of butter or 3 T. olive oil**
- 1 iron-rich food weekly (for omnivores, others may need more)**
- 5 yellow or orange vegetables weekly**
- 3 baked potatoes weekly**

**Eat good foods to appetite, drink at least 64 oz. of water daily (1/2 gallon), and salt to taste.**

**Get 60-80 grams of protein per day, and at least 2600 calories per day.**

**Drink 1 cup of red raspberry leaf tea daily after the first trimester as a uterine tonic.**

**Take a good prenatal vitamin. I recommend vitamins made from whole foods, not chemicals, because whole foods also have probiotics in them to aid in digestion.**

## **Stretch Mark Prevention Ointment**

- 1 oz. vitamin E oil**
- 5 T. (2 ½ fluid oz.) cocoa butter**
- 4½ oz. sweet almond oil**

**Carefully melt the cocoa butter in a double boiler – do not overheat it. Once the cocoa butter has turned to a liquid, add the vitamin E and sweet almond oils. Place the mixture in an 8-oz. plastic container. The ointment will solidify as it cools and may be stored at room temperature.**