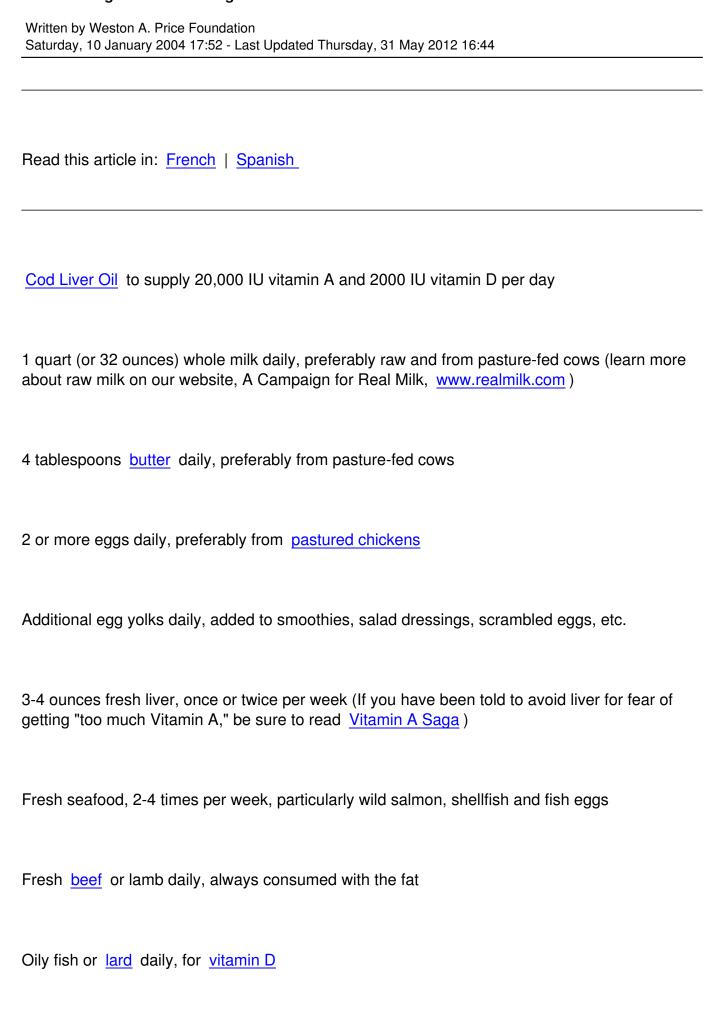
Diet for Pregnant and Nursing Mothers - Weston A Price Foundation



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Written by Weston A. Price Foundation Saturday, 10 January 2004 17:52 - Last Updated Thursday, 31 May 2012 16:44

2 tablespoons coconut oil daily, used in cooking or smoothies, etc.

Lacto-fermented condiments and beverages

Bone broths used in soups, stews and sauces

Soaked whole grains

Fresh vegetables and fruits

AVOID:

- *Trans* fatty acids (e.g., hydrogenated oils)
- Junk foods
- Commercial fried foods
- Sugar
- White flour
- Soft drinks
- Caffeine
- Alcohol
- Cigarettes
- Drugs (even prescription drugs)

IMPORTANT WARNING: Cod liver oil contains substantial levels of omega-3 EPA, which can cause numerous health problems, such as hemorrhaging during the birth process, if not balanced by arachidonic acid (ARA), an omega-6 fatty acid found in liver, egg yolks and meat fats. Please do not add cod liver oil to a diet that is deficient in these important animal foods. It is important to follow our diet for pregnant mothers in its entirety, not just selected parts of it.