

Nourrir la vie

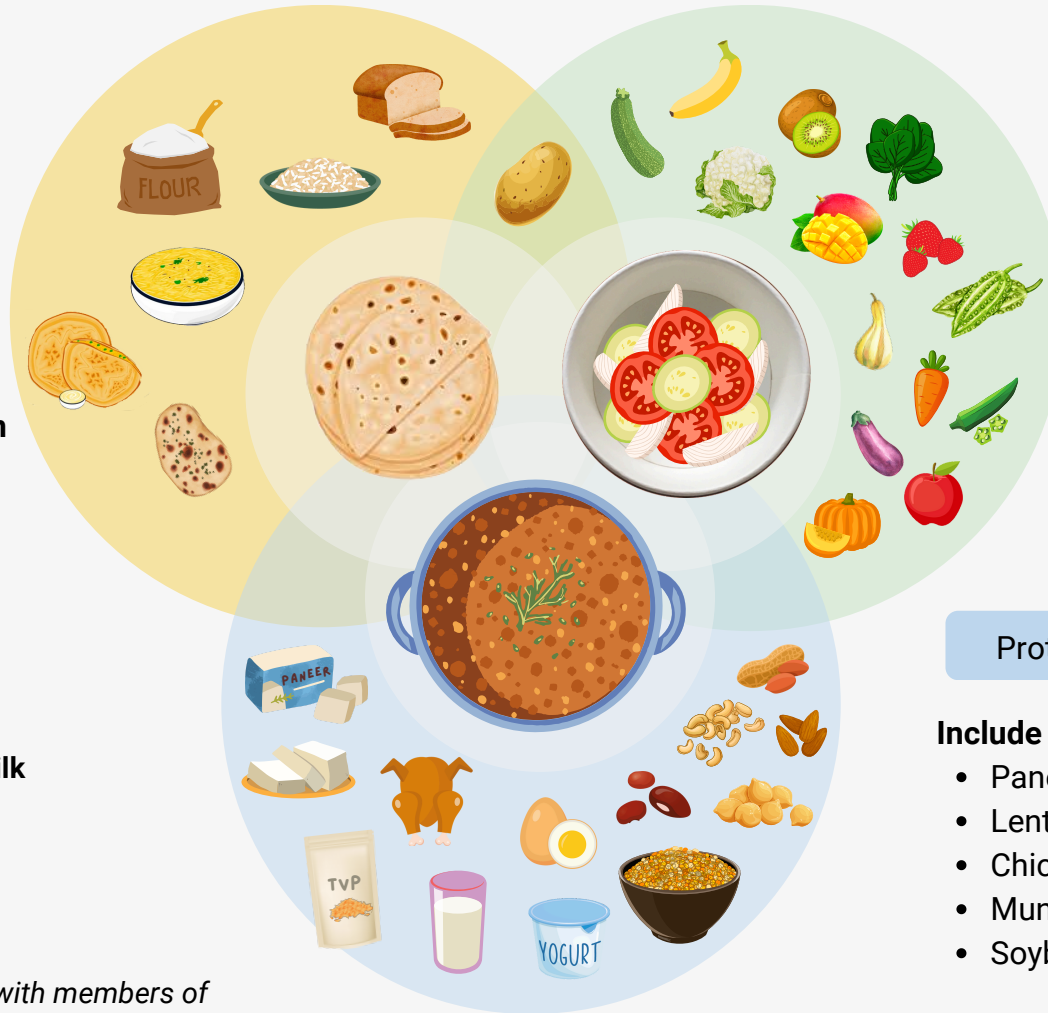
Healthy Eating During Pregnancy

Inspired by the Punjabi Diet

Eat 3 Balanced meals & 2 to 3 snacks per day

Grain products

Make at least half of your grain products whole grain



Vegetables and fruits

Include vegetables and fruits in your meals and snacks.

Protein foods

Include a variety of protein sources daily

- Paneer
- Lentils (Dal)
- Chickpeas (Chana)
- Mung beans (Moong)
- Soybean
- Yogurt (Lassi)
- Nuts and seeds
- Tofu
- Eggs



Beverages

Prioritize water or milk

This tool was developed in partnership with members of the community who identify with Punjabi culture.

