Diet for Pregnant and Nursing Mothers

Cod Liver Oil to supply 20,000 IU vitamin A and 2000 IU vitamin D per day

1 quart (or 32 ounces) whole milk daily, preferably raw and from pasture-fed cows (learn more about raw milk on our website, A Campaign for Real Milk, www.realmilk.com)

4 tablespoons butter daily, preferably from pasture-fed cows

2 or more eggs daily, preferably from pastured chickens

Additional egg yolks daily, added to smoothies, salad dressings, scrambled eggs, etc.

3-4 ounces fresh liver, 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)

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

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)

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