



The Weston A. Price Foundation®
for **Wise Traditions**
IN FOOD, FARMING, AND THE HEALING ARTS
Education • Research • Activism

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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[Click here to become a member of the Foundation](#) and receive our quarterly journal, full of informative articles as well as sources of healthy food.

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