

# Protein

Suggested daily intake amount: 80 – 100+ grams/day

## Benefits of Protein:

- Helps prevent pregnancy-induced hypertension (PIH)
- Is the building blocks of human tissue, so is essential to the building of your baby
- Assists in fetal brain development

## Good Food Sources:

- dairy (ricotta cheese, cottage cheese, eggs, milk, yogurt)
- seafood (fillet of white fish, salmon, shrimp (steamed))
- meats (beef, chicken, turkey, veal)
- nuts and seeds (almonds, roasted peanuts, pinenuts)
- dried beans (black-eyed peas, soybeans)
- soy flour
- dried fruit (apricots)
- vegetables (lima beans, peas)
- whole wheat bread

## Tip:

- Animal protein and soybeans rank high in net protein use.
- For further research, see "*What Every Pregnant Woman Should Know: The Truth About Diet and Drugs in Pregnancy*", by Gail Sforza Brewer; or "*Metabolic Toxemia of Late Pregnancy: A Disease of Malnutrition*", by Thomas H. Brewer, MD.