

Foods That Build a Healthy Baby

Mary Betsellie 4G

Eggs— Local pasture raised eggs are about \$6 per dozen. They contain choline, folate DHA, vitamin's A and D, and B vitamins. Eggs can be eaten alone (fried, poached or boiled) or as an added ingredient to other recipes.

Almond flour pancakes

1/4 cup almond flour
1 banana
2 eggs
1/4 tsp baking powder
1/4 tsp vanilla

Blend all ingredients until smooth. Spoon batter onto a hot greased griddle . Cook until golden, flip. Serve with maple syrup.

Liver—\$10.99 per pound for pasture raised beef liver from the farmer. Rich in Folate, B12, Iron, vitamins A and D. Liver can be eaten pan fried with onions. If the flavor is bothersome, it can be ground up and added in small quantities t ground beef or dehydrated and encapsulated.

Meat/bone rich in , Zinc, B6, B12, gelatin, collagen, glycine. Meat varies from \$2.99 per pound to \$18.00 per pound. Bones can be purchased or saved from meals and frozen until there is enough for making bone broth.

Bone broth recipe

Place bones in a large pot, cover with water. Add 1 tablespoon of apple cider vinegar. Bring to a boil, skim foam off the top. Simmer covered until the bones become soft about 12 to 30 hours.

Vegetation- prices vary per vegetable

Vegetables can be a great source of fiber, folate, vitamin C, beta-carotene, trace minerals, K1 and so much more. It is best to try and get a wide variety.

Vegetable Broth (a good alternative for vegetarian/vegans)

Save the scraps, skins, ends, cores of vegetables (and fruits) used during meal time. Can be frozen until enough are saved. Place in a large pot and simmer for 1 to 2 hours. Strain and season to taste or use as a base for soups and stews.

Seafood—iodine— cold water fish DHA, omega 3, vitamin D, zinc, selenium. Price varies depending on type—starting at around \$7.99 per pound can be as much ae \$30 a pound. Can be made int salads, broiled, used n soups and chowders. The bones, shells and heads of fish can be saved and made into fish broth.

Full-fat fermented dairy - Vitamins A, D, K, and E, calcium, probiotics, iodine. This includes yogurt, kefir, buttermilk, sour cream (must be fermented, not readily available) sour milk. Raw milk will “sour” after some days, it does not go bad. This canonly be done with raw milk. It begins to take on a cheesy flavor.

Sour Mac N Cheese

Use your favorite Mac N Cheese Recipe, mix in a small amount of sour milk before serving

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B vitamins— A group of vitamins that work synergistically. Synthetic B vitamins can be hard for many people to metabolize. Getting as many B vitamins as possible from food is a good way to ensure the body can use them to their fullest. Some important B vitamins are:

B12—only available in animal based foods—can help alleviate nausea, a deficiency can lead to anemia, important for infants in order to grow and thrive.

B6—helpful for nausea

Choline Important for preventing neural tube defects and baby's brain development. Works with Folate

Folate Important for preventing neural tube defects and baby's brain development. Works with Choline.

vitamin's A, E, K and D—a group of fat soluble vitamins A works with choline for baby's brain development and function, K important for clotting, D works with K to help body and baby utilize minerals needed for healthy tissue and bone growth as well as nourishes muscles including the uterus

Calcium—very easy to meet the demand in pregnancy with food, helps build strong bones teeth, important for muscle health including the uterus—works in conjunction with vitamins D and K

Magnesium— deficiency is common in pregnancy. Sufficient magnesium is helpful for blood pressure regulation, can help reduce incidence of anxiety, preeclampsia and muscle cramps.

DHA very important for baby's brain development

Iron important for energy and prevention of excessive postpartum bleeding

vitamin C- works with Iron, helps tissue health, important for stretching skin and healing postpartum

Zinc immune modulator, important for the prevention of preterm birth, stillbirth, placenta issues, neural tube defects

Gelatin, Collagen and Glycine –work together for tissue formation of baby and tissue elasticity of the birth giver

Fiber important for regulation of blood glucose and digestive regularity

Iodine and selenium—necessary for healthy thyroid function in the birth giver and the baby

Probiotics—important for a healthy microbiome

Reference

Nichols, L. (2018). *Real food for pregnancy: The science and wisdom of optimal prenatal nutrition*. (United States) Real food for Pregnancy.