

# Second Month Of Pregnancy

## What To Have And What Not To Have

### What To Include

**Milk (for calcium)**



**Avocado (for folic acid)**

**Leafy green vegetables (for iron)**



**Whole grain bread (for fiber)**

**Iodized salt (for iodine)**



### What To Avoid



**Raw eggs (risk of salmonella)**

**Raw sandwich meats (may contain listeria bacteria)**



**Unpasteurized juice or milk (risk of E.coli infection)**

**Swordfish and king mackerel (high levels of mercury)**



**Too much caffeine (risk of miscarriage)**