

ENSURING ADEQUATE NUTRITION WHILE DEALING WITH **FOOD AVERSIONS** IN PREGNANCY



Aversion to eggs and meat

Alternatives: Tofu, nuts, cheese, and nut butter



Aversion to milk

Alternatives: Yogurt, spinach, broccoli, and cheese



Aversion to onion and garlic

Alternatives: Herbs such as rosemary, basil, and thyme for flavoring



Aversion to tea or coffee

Alternatives: Fresh homemade fruit juice and lemonade



Aversion to fish

Alternatives: Ground flax seeds and nuts



Aversion to beef

Alternatives: Whey-based smoothies



Aversion to chicken

Alternatives: Bone or vegetable broth

