



Prenatal Nutrition Program

Discover the most up-to-date food and nutrition strategies to support you and your baby throughout your entire pregnancy. You will learn where to focus your nutrition efforts and simple ways you can begin implementing right away.

Before you start your program in Wellbeats *Wellness*, a product of LifeSpeak Inc., review and download the [program resources](#).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Prenatal Nutrition - Welcome 6 min	Prenatal Nutrition - Getting Started 13 min	Day 1 of 3: Track what you eat and drink today	Day 2 of 3: Track what you eat and drink today	Day 3 of 3: Track what you eat and drink today	What to Limit or Avoid 10 min	Go through your refrigerator & pantry and ID foods you need to limit.
WEEK 2	Key Nutrients During Pregnancy 14 min	Identify DHA, Folate and Iron foods you like and decide how you'll incorporate them into your meals	Managing Heartburn 6 min	Managing Nausea 7 min	Headaches, Fatigue & Cravings 6 min	Prenatal Supplements 7 min	High Blood Pressure & Preeclampsia 10 min
WEEK 3	Gestational Diabetes 12 min	Postpartum Nutrition 11 min	Cooking to Boost Iron 16 min	Optimizing Omega 3s with Salmon 7 min	Prenatal Nutrition Wrap-up 2 min		