

Nährstoff-Quellen in der Schwangerschaft

Brokkoli



Champignons



Erbsen



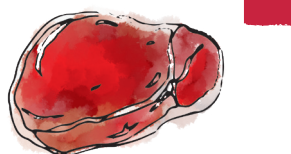
Erdbeeren



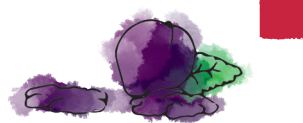
Erdnüsse



Fleisch



Getrocknete Pflaume



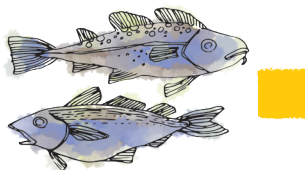
Grünkohl



Haferflocken



Kabeljau & Seelachs



Kichererbsen



Kürbiskerne



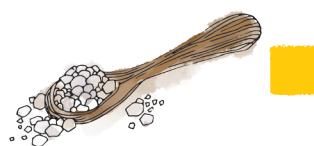
Kuhmilch



Rote Beete



Speisesalz (jodiert)



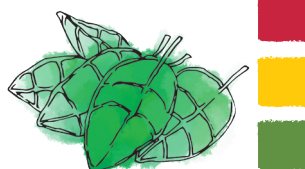
Sesam



Sonnenblumenkerne



Spinat



Vollkornbrot



Vollkornreis



Weintrauben



Weißer Bohnen



 Eisen

 Jod

 Folsäure