**Healthy Pregnancy Diet**

1. Are all fish healthy to eat during pregnancy?

2. Why are raw fish not healthy for pregnant women?

3. Name one fish that is healthy to eat during pregnancy?

4. Cheese with ———. ———-in it or not healthy due to ————?

5. During pregnancy is rare hamburger meat healthy to eat?

6. No amount of ————- is healthy during pregnancy.

7. Name four nutrients that you should have during pregnancy: ————-   —————. ——————  ——————.

8. What is folate?

9. Which foods can zinc be found in?

10. What Nutrients should pregnant women increase during pregnancy? Name the four nutrients: —————. —————-  ————-

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11. How much water per day should pregnant women drink?