

Let's Play Prenatal Bingo

**Body
Basics**

**Healthy
Habits**

Nutrients

**Food
Safety**

**Feeding
Your Baby**

Healthy
Weight Gain

Protein
Foods

Iron

Sugar
Substitutes

Cluster
Feeding

Heartburn

Vegetables &
Fruit

Folic Acid

Caffeine

Feeding Cues

Diabetes

Healthy
Snacks



Vitamin A

Feeding
Decisions

Constipation

Liquids

Omega-3
Fats

Making
Formula

Holding
Positions

Self-Care

Eating for
Health

Calcium

Alcohol

Skin-to-Skin