neuvokas perhe

Dark is a better option

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Niitty

sydän tekee hyvää

neuvokas perhe

Healthy snacks

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neuvokas perhe

Eat these daily

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Excellent source of protein
(eat these daily)

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Prefer nuts, no seeds during pregnancy

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Good carbohydrates

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Best thirst quencher is water

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No alcohol during pregnancy

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Folic acid is needed during pregnancy

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Brush your teeth together in the morning and evening

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