

BOOK BONUS

PREGNANCY, NURSING AND BABY'S FIRST FOODS



*The ultimate elimination diet to attain
optimal health and heal your body*

NUTRIENT- DENSE FOODS

This guide provides you support for nutrient-dense foods while pregnant, nursing and for baby's first foods.

www.carnivorecure.com

DISCLAIMER: The content is for educational purposes only. While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Whenever you start a new diet or protocol, always first consult with your trusted practitioner.

Carnivore Cure Bonus

Pregnant and Nursing Mom's and Baby's First Foods

Nutrient-Dense Foods

- Raw whole milk daily, from pasture-fed cows or goats.
- Butter daily, preferably from grass-fed, raw dairy cows. Sometimes A2 sources can help.
- 2 or more eggs daily, preferably from pastured chickens. (Egg yolks only until one year old)
- 1 ounce of liver (preferably chicken), once every two weeks (at most).
- Fresh seafood, at least 3 times per week, particularly wild salmon, oysters (if tolerated) and salmon roe
- Fresh beef, lamb, pork or dark meat poultry daily, always consumed with the fat (skin)
- Bone broths (or meat stocks) for minerals. Read more [here](#) and watch how to make mine [here](#).
- Quality mineral salt / sea salt

Pre-natal Vitamins

See full nutrient lists in Carnivore Cure. You don't want to eat too much liver so try opting for other foods and not just liver.

NOTE: You do not want to overconsume liver as it can cause vitamin A toxicity.

- CALCIUM: Raw milk, yogurt, cheese, bone broths, small fish with bones, ground-up eggshells
- FOLATE (vitamin B₉): Liver, egg yolk, salmon roe (fish eggs)
- VITAMIN B₁₂: Liver, shellfish, salmon roe, meat, eggs
- VITAMIN B₆: Meat, raw dairy, eggs, liver
- DHA: Fish eggs, egg yolks, liver
- VITAMIN A: Liver, egg yolks, butter
- VITAMIN D: Salmon roe, egg yolks, lard, butter
- VITAMIN K: Cheese, poultry liver, poultry fats, eggs
- CHOLINE: Liver, egg yolks, meats
- ZINC: Red meat, liver, salmon roe, oysters
- IODINE: Salmon roe (all fish eggs), seafood, butter
- PROBIOTICS: Butter, quality salami and megaspore probiotics

Critical Nutrients for Optimal Brain Development

- VITAMIN D: Salmon roe (fish eggs), egg yolks, lard, butter (one tbsp of fish eggs has 17,000 IU of D!)
- VITAMIN K2: Butter, egg yolks and organ meats
- CHOLINE: Liver, egg yolks, meats
- DHA: Fish eggs, egg yolks
- ARACHIDONIC ACID: Animal fats, egg yolks, organ meats
- ZINC: Red meat, salmon roe, oysters
- CHOLESTEROL: Seafood, dairy, eggs and meat fats

Commercial Formula vs. Homemade Formula

I don't recommend commercial formulas as they include:

- Pasteurized skim milk (added sugars and fortified vitamins)
- Inflammatory vegetable oils
- Sugar, not lactose
- Sometimes has soy (highly estrogenic)

You can read my blog post on the importance of breastfeeding [here](#) and [here](#). You can find two different homemade baby formulas from [Mt Capra \(goat milk\)](#). Both of these formulas are closest to breast milk profiles.

Raw milk is ideal because:

- Calcium for optimal growth, strong bones, strong teeth
- Protection against asthma, allergies, eczema
- Builds immune system
- Glutathione for protection against toxins
- Builds healthy gut wall

Warning – Baby's First Foods (Pouches and Jars)

- Most commercial baby foods are toxic
- They are vegetables and fruits with mostly water
- The meat with gravy is usually water and corn starch
- The plastic containers give children phthalates at an early age
- Aseptic containers (pouches) are flash heated to 295 °F and are lined in aluminum
- Aluminum inlining migrates under high heat, especially to acidic foods like fruit and yogurt
- Nutrient density is lacking and baby will likely lack brain-growth-supporting nutrients like DHA

The only brand I recommend for baby's first food is:

- **Serenity Foods**. They have pouches of real meat and no added anything.
 - You can get 15% off [here](#).
 - I visited HQ and interviewed the founders. Joe's story of autism and how he supported it by changing his diet is incredible. You can watch it [here](#).

WHY BABIES NEED ANIMAL FATS

- Cholesterol and saturated fats
- Arachidonic Acid
- Fat-Soluble Vitamins A, D and K
- Critical for growth, hormone production
- Key to all processes in the body
- Needed for healthy skin, brain, digestion

FIRST FOODS

- Soft cooked egg yolk with salt.
- Pureed meat, with butter or duck fat and salt, thinned with water, broth, cream or raw milk.
- Bone marrow
- **Lots of fat** (butter, fatty fish, marrow). Read my nutrient-dense guide for kids [here](#).



- Feed baby his pureed food first, so baby is not hungry.
- Give small pieces of finger food (such as a strip of cooked meat) to eat during the meal. (baby-led weaning)

IMPORTANCE OF ADDING HIGH QUALITY SALT

- Protein digestion support
- Development of brain
- Adrenal function support (adrenals love salt)
- Cellular metabolism

OLDER BABIES

- Pureed soups with cream (homemade). Canned soups often use inflammatory vegetable oils
- Cheese
- Scrambled egg with extra yolk
- Seafood, fish eggs
- Family food, finely minced, with butter and salt
- Avocado (if tolerated)
- Pureed cooked fruit with butter or cream (optional)

BABIES AND DIGESTION


- Raw fruit is very hard for baby to digest. If you decide to feed baby fruit, cook the fruit for digestibility
- Raw vegetables are very difficult for baby to digest and they contain many antinutrients that block mineral absorption and thyroid function
- No one should consume whole grains. Grains are toxic foods for the baby's gut. If you want to feed your child grains, wait until at least one year and prepare properly to make more digestible
- Egg whites, because of the albumin, you may want to wait until at least one year

ECZEMA AND PROBIOTICS

- If your child struggles with eczema, consider [probiotics](#). My youngest client was 6 months and suffered with eczema. After taking probiotics, he rarely has eczema outbreaks and can tolerate more foods.
- You can open the capsule and add to foods, as it is tasteless. You can learn about the one I recommend to all my clients (and the ones our family takes) [here](#).

ADDITIONAL RESOURCES

- Foods to eat when healing, [here](#)
- Kids' nutrient-dense lunch box, [here](#)
- Ditch most sunscreens, [here](#)
- Ditch all hand sanitizers, [here](#)
- Why Kids should say no to juice, [here](#)
- Why Kids should skip grains, [here](#)
- Kids and food allergies, [here](#)
- Raw milk resource, [here](#)

In  and health,



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