

Nutrition during Pregnancy Information

Key Nutrients for You and Your Baby During Pregnancy

<i>Nutrient</i>	<i>Why You and Your Baby Need It</i>	<i>Best Sources</i>
Calcium (1,000 milligrams)	Helps build strong bones and teeth.	Milk, cheese, yogurt, sardines
Iron (27 milligrams)	Helps red blood cells deliver oxygen to your baby.	Lean red meat, dried beans and peas, iron-fortified cereals, prune juice
Vitamin A (770 micrograms)	Forms healthy skin and helps eyesight. Helps with bone growth.	Carrots; dark, leafy greens; sweet potatoes
Vitamin C (85 milligrams)	Promotes healthy gums, teeth, and bones. Helps your body absorb iron.	Citrus fruit, broccoli, tomatoes, strawberries
Vitamin D (200 international units; some experts recommend 400 international units during pregnancy)	Helps build your baby's bones and teeth.	Sunlight exposure; vitamin D fortified milk; fatty fish such as salmon
Vitamin B ₆ (1.9 milligrams)	Helps form red blood cells. Helps body use protein, fat, and carbohydrates.	Beef, liver, pork, ham; whole-grain cereals; bananas
Vitamin B ₁₂ (2.6 micrograms)	Maintains nervous system. Needed to form red blood cells.	Liver, meat, fish, poultry, milk (found only in animal foods—vegetarians who do not eat any animal foods should take a supplement)
Folate (600 micrograms)	Needed to produce blood and protein. Helps some enzymes function.	Green, leafy vegetables; liver; orange juice; legumes and nuts