

Key Nutrients in Pregnancy

NUTRIENTS	DAILY REQUIRMENT	FUNCTION	SOURCES
Protein	60 grams	Helps produce extra blood you need and provides extra energy	Meat, eggs, beans, dairy products
Carbohydrates	9 servings	Provides energy, vitamins, minerals and dietary fiber for you and baby	Bread, cereal, rice, potatoes, pasta
Fat	Less than 30 percent of your daily intake	Provides long-term energy for growth. Should be 30 percent or less of your daily diet.	Vegetables, oils, fish, eggs, nuts, peanut butter, mar
Vitamin A	770 micrograms	Forms healthy skin and helps eyesight; helps with bone growth	Green leafy vegetables, deep yellow or orange vegetables (carrots and sweet potatoes), milk, liver
Thiamin (B1)	1.4 milligrams	Aids in carbohydrate digestion, helps nervous system function	Whole-grain or enriched breads and cereals, fish, pork, poultry, lean meat, milk
Riboflavin (B2)	1.4 milligrams	Helps body release energy to cells, promotes healthy skin and eyes	Milk, whole-grain or enriched breads and cereals, liver, green leafy vegetables
B6	1.9 milligrams	Helps form red blood cells; helps body use protein, fat and carbohydrates	Beef liver, pork, ham, whole-grain cereals, bananas
B12	2.6 milligrams	Maintains nervous system; needed to form red blood cells	Animal foods: liver, milk, poultry (vegetarians should take a supplement)
Vitamin C	85 milligrams	Promotes healthy gums, teeth, and bones; helps body absorb iron; helps body resist infection; helps form collagen, a flexible tissue that supports the body	Citrus fruit, strawberries, broccoli, tomatoes
Vitamin D	5 micrograms	Helps body use calcium and phosphorus, promotes strong bones and teeth	Fortified milk, fish liver oils, sunshine
Vitamin E	15 milligrams	Helps body use vitamin A, helps body form and use red blood cells and muscles	Vegetable oils, whole-grain cereals, wheat germ, green leafy vegetables
Folic Acid	0.4 milligrams	Helps make blood, helps some enzymes function, helps prevent neural tube defects and other problems	Green leafy vegetables; dark yellow or orange fruits and vegetables; liver; legumes and nuts; fortified breads, cereals, rice and pastas
Niacin	18 milligrams	Promotes healthy skin, nerves, an digestion; helps body use carbohydrates	Meat, liver, poultry. Fish, whole-grain or enriched cereals
Calcium	1,000 milligrams	Helps build strong bones and teeth	Milk, cheese, yogurt, sardines, salmon with bones, dark green leafy vegetables
Iodine	220 micrograms	Helps produce hormones that control energy use	Milk and dairy products; sardines and salmon with bones; collard, kale, mustard, spinach, and turnip greens; fortified orange juice, seafood, iodized salt
Iron	27 milligrams	Helps form red blood cells that carry oxygen to the fetus, prevents anemia and fatigue, helps body resist infection	Lean red meat, liver, dried beans, whole-grain or enriched breads and cereals, prune juice, spinach, tofu
Magnesium	360 milligrams	Helps nerves and muscles function, helps body use carbohydrates	Legumes, whole-grain cereals, milk, meat, green vegetables

Phosphorus	700 milligrams	Builds strong bones and teeth	Milk and dairy products, meat, poultry, fish, whole-grain cereals, legumes
Zinc	11 milligrams	Helps produce insulin and certain enzymes	Meat , liver, seafood, milk, whole-grain cereals

FOR VEGETARIANS ONLY (If you choose not to eat meat or fish. Be sure to inform your doctor, take prenatal vitamins, and eat plenty of nuts, seeds, beans, legumes, hard cheese , eggs, and yogurt-they're all great sources of protein, which is essential for a healthy pregnancy diet.