

ESSENTIAL NUTRIENTS

PROTEIN

Protein helps your baby's tissue develop and also develops & repairs breast and uterine tissue, muscles, and blood during pregnancy.



IRON

Iron makes hemoglobin, a protein in red blood cells that brings oxygen to your tissues. The amount of blood in your body increases during pregnancy, so iron is needed to make your baby's blood supply.



DHA

DHA is needed for your baby's brain development and growth. It also helps you stay pregnant long enough.



VITAMIN C

Vitamin C is needed for wound healing and helps develop your baby's teeth and bones.

FAT

Fat gives energy and helps make your baby's organs & placenta. Poly-unsaturated fatty acids (PUFAs) help with your baby's brain, nervous system, and retina development.



CALCIUM

Calcium helps develop your baby's bones, teeth, muscles, heart and nerve function. It is also needed for fluid control.



IODINE

Iodine helps develop your baby's brain and nervous system. Enough iodine will help your baby move, think, and feel.



FOLIC ACID

Folic acid is needed for your baby's brain and spine. Folic acid also helps make blood during pregnancy. Enough folic acid is important in preventing neural tube defects (NTD), a major birth defect of baby's brain or spine.

70% of all NTD can be avoided with enough folic acid.

Daily Nutrient Requirements

Protein	75-100 g/day
Folic Acid	60 mcg/day
Iron	27 mg/day
Calcium	1000 mg/day
Vitamin D	600 IU/day
Vitamin C	85 mg/day
Iodine	220 mcg/day
DHA	200 mg/day