

# Nutrients for a Healthy Pregnancy

During your pregnancy, five important nutrients to add to your diet are: **iron, omega-3, choline, folic acid, and calcium.**

## Iron

**Daily recommended amount:**  
27 milligrams

**Best sources of iron:** Lean red meat, poultry, fish, dried beans and peas, iron-rich cereal, and prune juice.

**Why is it important?** Iron helps the red blood cells give oxygen to your baby.

## Omega-3

**Daily recommended amount:** 200 milligrams of fish oil a day

**Best sources of omega-3:** 8-12 oz fatty fish per week, like salmon, cod, light tuna, and shrimp. Some eggs and milk (look for DHA enriched or omega-3 fortified).

**Why is it important?** Omega-3 helps with your baby's brain & motor skill development.

## Choline

**Daily recommended amount:**  
450 milligrams

**Best sources of choline:** Milk, beef liver, eggs, peanuts, and soy products.

**Why is it important?** Choline helps with development of your baby's brain and spinal cord.

## Folic Acid

**Daily recommended amount:** 600 micrograms

**Best sources of folic acid:** Fortified cereal, enriched bread and pasta, peanuts, dark green leafy veggies, oranges, and beans. Also in prenatal vitamins.

**Why is it important?** Folic acid prevents birth defects of the brain and spine and supports growth and development of your baby and your placenta.

## Calcium

**Daily recommended amount:** 1300 milligrams for ages 14-18; 1000 milligrams for ages 19-50.

**Best sources of calcium:** Milk, cheese, yogurt, sardines, and dark green leafy veggies.

**Why is it important?** Calcium helps your baby build strong bones and teeth, and help them develop a healthy heart, nerves, and muscles.




Taking your **daily prenatal vitamin** along with a balanced diet will provide all of these nutrients for your baby. If there are certain food groups missing from your diet, your healthcare team can help you decide if extra supplements are needed.

# Healthy Eating During Pregnancy

During your pregnancy, it is important to eat enough **calories** to nourish yourself and your growing baby.


If you are carrying one baby, eat **300** extra calories a day.  
If you are carrying twins, eat **600** extra calories a day.  
If you are carrying triplets, eat **900** extra calories a day.

Try some of these healthy snacks to get your extra calories and nutrients:



**1 low-fat string cheese and 1 orange.**

Cheese has **calcium** and oranges have **folic acid**.



**Tuna and egg salad on sweet peppers.**


Tuna and eggs are good sources of **omega-3**.

Image source: The Cheerful Kitchen




**1 tablespoon of peanut butter on apple slices.**

Peanut butter has **choline**.



**1/4 cup of mixed nuts and 1/4 cup of raisins.**

Nuts like almonds, cashews, and macadamia nuts are rich in **iron**.



**Instant oatmeal delight:**  
Instant oatmeal made with fat-free milk, 1 tablespoon of honey, a 1/2 cup of fruit, & a dash of cinnamon.

This easy breakfast or snack is a good source of fiber, iron, & folic acid.

Talk with your CHN Nutritionist if you have more questions!