

PREGNANCY NUTRITION



GREAT WAYS TO CURB UNHEALTHY CRAVINGS⁶



Eat breakfast



Eat small, frequent meals



Get plenty of exercise



Have lots of emotional support

IMPORTANT NUTRITION ELEMENTS FOR PREGNANT PEOPLE (DAILY VALUE)

Vitamin D - 600iu¹

To increase calcium absorption
milk, fish



Calcium - 1000-1,300mg⁴

To help baby grow strong bones, teeth, hair and nails
yogurt, cheese, milk



Iron - 27mg²

To prevent anemia and help achieve healthy birth weight
lean meat, seafood, nuts, beans



Folate - 600mg⁵

To help prevent birth defects and preterm birth
asparagus, dark leafy greens, nuts, beans



Iodine - 220mcg³

To promote healthy brain and nerve development
low-mercury seafood (cod, shrimp, salmon), yogurt, milk



Doctors suggest eating
5 TIMES A DAY during pregnancy.

HEALTHY WEIGHT GAIN DEPENDS ON WHERE YOU START.⁷



Under weight = 28-40 lbs
Normal weight = 25-25 lbs
Overweight = 15-25 lbs
Obese = 11-20 lbs

BUILDING BLOCKS FOR A HEALTHY DIET⁸

