

PREGNANCY NUTRITION

PROTEIN

HELPS WITH DEVELOPMENT OF FETAL TISSUE, ESPECIALLY THE BRAIN, UTERINE TISSUE & BREAST TISSUE. INCREASES BLOOD SUPPLY FOR MOTHER AND BABY.

3

SERVINGS DAILY

LEAN BEEF & PORK
PEANUT BUTTER
CHICKEN
SALMON
BEANS



CALCIUM

IMPORTANT IN THE DEVELOPMENT OF THE BABY'S BONES & REGULATES THE MOTHER'S USE OF FLUIDS.

3

SERVINGS DAILY

MILK
YOGURT
CHEESE
CABBAGE
EGGS
OKRA



FOLATE

PROTECTS THE NEURAL TUBES FROM DEFECTS IN THE BABY'S SPINAL CORD & BRAIN.

600-800
MICROGRAMS DAILY

LIVER
NUTS
EGGS
PEANUT BUTTER
DARK GREEN
LEAFY VEGETABLES
ASPARAGUS
BROCCOLI



IRON

PROTECTS THE NEURAL TUBES FROM DEFECTS IN THE BABY'S SPINAL CORD & BRAIN.

27
MICROGRAMS DAILY

DARK LEAFY
GREEN VEGETABLES
CITRUS FRUITS
LEAN BEEF & POULTRY
EGGS
DRIED FRUIT



80
OUNCES DAILY

WATER

PLAYS AN IMPORTANT ROLE IN THE DEVELOPMENT OF THE PLACENTA, AMNIOTIC SAC & BREAST MILK PRODUCTION.



BAPTIST HEALTH®

Sources: healthline.com, babycenter.com

Nutritional Aspects During Pregnancy

Mark Steyvers



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