

IMPORTANT NUTRIENTS

Nutrients are important things found in food that help make you healthy. During pregnancy you and your growing baby need more of some nutrients. By eating different foods from the four food groups you will be making sure that you and your baby are getting all of the nutrients you both need.

Nutrient	Foods nutrient is found in			What it does
Folic Acid or Folacin	Broccoli Beans Liver	Spinach Orange Juice Green Peas	Whole Grain Breads and Cereal	<ul style="list-style-type: none"> ▪ Makes healthy blood ▪ Helps prevent birth defects of the spine and brain ▪ Helps baby grow
Calcium	Yogurt Sardines Cheese	Tofu Fortified orange juice	Milk and milk products (fluid, powder, or canned) Fortified soy or rice beverage	<ul style="list-style-type: none"> ▪ Makes healthy bones and teeth
Iron	Chicken Fish Red meat	Dried fruits Lentils	Whole grain cereals	<ul style="list-style-type: none"> ▪ Makes healthy blood for you and your baby
Protein	Legumes Nuts	Meat and meat products Milk and milk products	Animal sources tend to be higher in protein	<ul style="list-style-type: none"> ▪ Helps your uterus and placenta become strong
Vitamin C	Kiwi Broccoli Oranges	Red pepper Green pepper Grapefruit	Orange Juice	<ul style="list-style-type: none"> ▪ For healthy skin and gums ▪ Helps your body use iron from food ▪ If you smoke, you need more vitamin C
Fibre	Lentils Peas Nuts Seeds	Fresh fruit Vegetables Prune Juice Dried Fruit	Bran cereal Whole grain breads and cereals Regular meals	<ul style="list-style-type: none"> ▪ Helps to keep you regular ▪ Remember to drink 6-8 glasses of liquid per day

Developed for the IDEA Study: Impact of Diet and Exercise Activity on Pregnancy Outcomes.

