

Nutrients of Concern during Pregnancy

Eating lots of healthy food helps us to get the nutrients we need to keep our bodies feeling good. When you are pregnant, it is very important that you get these nutrients for you and your growing baby! Below, we have listed the nutrients you need when you are pregnant and the kinds of foods you can find them in.



Folate & Folic Acid help prevent birth defects. If you don't get enough folate, there is an increased risk of low birth weight and preterm delivery. Folate can be found in fortified cereals (cereals with folic acid added to them), leafy green veggies, asparagus, beans, lentils, broccoli, peanuts, berries, and eggs.

Calcium & Vitamin D help build strong bones and teeth. These nutrients can be found in dairy products like milk, cheese, and yogurt. Salmon, tuna, spinach, and eggs are also good sources.

Iron helps to make red blood cells. Not getting enough iron can lead to anaemia (when your body does not have enough red blood cells), premature delivery, and low birth weight. You can find iron in clams, oysters, beef, shrimp, chicken, pork, pumpkin seeds, beans, lentils, enriched pastas or breads, potatoes, raisins, nuts, and peanut butter.

Vitamin C helps your body absorb iron and keeps your immune system strong. Good sources of vitamin C include orange juice, red pepper, and broccoli.

Vitamin A helps bones and teeth grow. Vitamin A is found in milk, eggs, carrots, spinach, green and yellow veggies, and pumpkin.

While you should be eating healthy food, you should also be taking a prenatal vitamin daily to help make sure that your body and your baby are getting everything that they need to be happy and healthy!

Questions?

Write them down on the postcard attached and send it in the mail. We'll answer them at the next prenatal class! Hope to see you there!