

Pregnancy Nutrient Cheat Sheet

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<i>Nutrient</i>	<i>Why it's important^{1,2}</i>	<i>How much</i>	<i>Where to get it³</i>
Folate	Prevention of neural tube defects (spina bifida and anencephaly) Essential nutrient in DNA methylation, gene expression, amino acid metabolism, red blood cell formation, and DNA synthesis/replication	600mcg total (400 as folic acid from fortified foods or supplements)	1 cooked chicken liver = 246mg 1/2c cooked lentils = 179mcg 1/2c chickpeas = 141mcg 1/2c cooked spinach = 131mcg 1/2c black beans = 128mcg 1/2c asparagus = 134mcg 1c fortified oatmeal = 166mcg 1/2c broccoli = 84mcg
Iron	Creation of red blood cells and oxygen transport by those cells (extra important because blood volume increases in pregnancy) Prevention of Iron Deficiency Anemia	27mg/day *Note: The iron in plant sources is better absorbed when combined with something rich in vitamin C!	1c fortified oatmeal = 14mg 3oz oysters = 7.8mg 3oz liver = 5.5mg 1/2c dried apricots = 3.8mg 1/2c lentils or white beans = 3.3mg 1/2c cooked spinach = 3.2mg 3oz lean beef = 2.8mg 1/2c soy beans = 2.3mg 3oz lamb = 2mg 3oz pork or chicken = 1mg
Omega-3 fatty acids (DHA and EPA)	Brain development Optimal functioning of central nervous system Decreased risk of preterm delivery	at least 300mg/day (EPH/DHA, not ALA)	1tbsp fish oil (salmon) = 4251mg 3oz farmed salmon = 1824mg 3oz wild salmon = 1564mg 3oz whitefish = 1370mg 3oz halibut = 1000mg 3oz canned light tuna = 733mg 3oz shrimp = 235mg 1 regular egg = 29mg
Vitamin D	Fetal bone and tooth mineralization Supports fetal growth and normal functioning of immune system.	15mcg (600IU)/day	3oz salmon = 11mcg (480IU) 3oz light tuna = 3.8mcg (152IU) 3oz tilapia = 3.2mcg (128IU) 1c milk = 2.9-3.2mcg (116-128IU) 1 egg = 1.1mcg (44IU) Also, the sun!
Calcium	Fetal bone and tooth mineralization Maintenance of maternal bone health.	1000mg/day (1300mg/day in last quarter of pregnancy)	3oz sardines w/ bones = 400mg 1c almond milk (added) = 451mg 1c orange juice(added) = 350mg 1c soymilk (added) = 300mg 1c milk = 276-315mg 1c yogurt = 260-280 1oz cheese = 140-215mg 1/2c firm tofu w/nigari = 253mg 1/2c cooked spinach = 122mg 1/2c cooked turnip greens = 100mg

1. Brown JE. Nutrition Through the Lifecycle. 5th ed. Cengage Learning; 2014.
2. Gropper, Sareen A; Smith JL. Advanced Nutrition and Human Metabolism. 6th ed. (Wadsworth, ed.). Belmont, CA; 2013.
3. USDA Food Composition Databases. <https://ndb.nal.usda.gov/ndb/search/list>.

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