

Key Nutrients for You and Your Baby

| Nutrient | Why you and your baby need it | Best Sources |
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| Protein | Main “building block” for your baby’s cells. Helps produce extra blood you need and provides extra stores of energy for labor and delivery. RDA =60gms | Meat, eggs, beans |
| Carbohydrates | Gives energy for you and your baby during pregnancy. | Bread, cereal, rice potatoes, pasta |
| Calcium | Helps build strong bones and teeth. RDA=1,200 milligrams (about four, 8 ounce glasses of milk) | Milk, cheese, yogurt, sardines, spinach |
| Iron | Helps create the red blood cells that deliver oxygen to your baby and also prevents fatigue. RDA=30mgs | Lean red meat, spinach, whole grain bread and cereals |
| Vitamin A | Forms healthy skin and helps with eyesight. Helps with bone growth. | Carrots, dark leafy greens, sweet potatoes |
| Vitamin C | Promotes healthy gums, teeth and bones. Helps your body absorb iron | Citrus fruit, broccoli, tomatoes |
| Vitamin B6 | Helps form red blood cells. Helps the body use protein, fat and carbohydrates. | Beef liver, pork, ham, whole grain cereals, bananas |
| Vitamin B12 | Maintains nervous system needed to form red blood cells. | Liver, meat, fish, poultry, milk (found only in animal foods- vegetarians should take a supplement) |
| Folic Acid | Needed to produce blood and protein. Helps some enzymes function. | Green leafy veges, dark yellow fruits and veges. liver, legumes & nuts. |
| Fat | Provides long term energy for growth. Should be less that 30% of daily diet. | Meat, dairy, nuts, peanut butter, margarine dressings, vegetable oils |