

  
**The Center for Women**  
*Obstetrics & Gynecology*

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## Nutrients and Vitamins for Pregnancy

<b>Essential Vitamin/Mineral:</b>	<b>Why You Need It:</b>	<b>Where You Find It:</b>
<b>Vitamin A &amp; Beta Carotene</b> (770 mcg)	Helps bones and teeth grow	Liver, milk, eggs, carrots, spinach, green and yellow vegetables, broccoli, potatoes, pumpkin, yellow fruits, cantaloupe
<b>Vitamin D</b> (5 mcg)	Helps body use calcium and phosphorus; promotes strong teeth and bones	Milk, fatty fish, sunshine
<b>Vitamin E</b> (15 mg)	Helps body form and use red blood cells and muscles	Vegetable oil, wheat germ, nuts, spinach, fortified cereals
<b>Vitamin C</b> (80 – 85 mg)	An antioxidant that protects tissues from damage and helps body absorb iron; builds healthy immune system	Citrus fruits, bell peppers, green beans, strawberries, papaya, potatoes, broccoli, tomatoes
<b>Thiamin/B1</b> (1.4 mg)	Raises energy level and regulates nervous system	Whole grain, fortified cereals, wheat germ, organ meats, eggs, rice, pasta, berries, nuts, legumes, pork
<b>Riboflavin/B2</b> (1.4 mg)	Maintains energy, good eyesight, healthy skin	Meats, poultry, fish, dairy products, fortified cereals, eggs
<b>Niacin/B3</b> (18 mg)	Promotes healthy skin, nerves and digestion	High-protein foods, fortified cereals and breads, meats, fish, milk, eggs, peanuts

  
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<b>Pyridoxine/B6</b> (1.9 mg)	Helps form red blood cells; helps with morning sickness	Chicken, fish, liver, pork, eggs, soybeans, carrots, cabbage, cantaloupe, peas, spinach, wheat germ, sunflower seeds, bananas, beans, broccoli, brown rice, oats, bran, peanuts, walnuts
<b>Folic Acid/Folate</b> (600 mcg)	Helps support the placenta, and prevents spina bifida and other neural tube defects	Oranges, orange juice, strawberries, green leafy vegetables, spinach, beets, broccoli, cauliflower, fortified cereals, peas, pasta, beans, nuts
<b>Calcium</b> (1,000 – 1,300 mg)	Creates strong bones and teeth, helps prevent blood clots, helps muscles and nerves function	Yogurt, milk, cheddar cheese, calcium-fortified foods like soy milk, juices, breads, cereals, dark green leafy vegetables, canned fish with bones
<b>Iron</b> (27 mg)	Helps in the production of hemoglobin; prevents anemia, low birth weight, and premature delivery	Beef, pork, dried beans, spinach, dried fruits, wheat germ, oatmeal or grains fortified with iron
<b>Protein</b> (71 g)	Helps in the production of amino acids; repairs cells	Most animal foods, meat, poultry, eggs, dairy products, veggie burgers, beans, legumes, nuts
<b>Zinc</b> (11-12 mg)	Helps produce insulin and enzymes	Red meats, poultry, beans, nuts, whole grains, fortified cereals, oysters, dairy products