**Nutrients for Mom and Baby**

**Folic Acid 600-800 mcg**

Essential for your Baby’s Growth. Vital for red blood cell health and cell development.

Lower the chance of Gestational diabetes. Reduce the risk of miscarriage and preterm labor.

Folic acid is important because it helps form the neural tube, which develops into the baby's brain and spinal cord

Food Sources

Leafy Green Vegetables, Cauliflower, Strawberries, Beans, Peas, Nuts, Grains and Some Cereals (*Check sugar and salt*)

**Iron 27 mg**

Helps maintain a healthy immune system. Helps make Hemoglobin needed for blood cells and oxygen

Helps prevent anemia, headaches and fatigue Helps alleviates postpartum depression

It's an important component of the proteins needed for bone, cartilage, and other connective tissue.

Food Sources

Spinach, Fish, Lean Red Meat, Poultry, Dried Fruits and Beans

**Calcium 1000-1300 mg**

Helps Prevent Blood Clots. Helps baby develop strong bones and teeth,

Helps baby develop healthy circulatory, muscular, and nervous systems

Food Sources

Broccoli and Kale, Salmon, Soy Milk, and Dairy (Milk, Cheese, Yogurt)

**Vitamin C 80-85mg**

Protects tissues from damage. Helps Body Absorb Iron.

Helps baby develop healthy immune system

Food Sources

Citrus Fruits, Potatoes, Bell Peppers, and Tomatoes

**Vitamin D 5 mcg /600 IU**

Helps baby build strong bones and teeth. Helps body use Calcium and Phosphorus

Food Sources

Salmon, Milk, Eggs, Orange Juice and \*Sunshine in moderation\*

**Choline 450 mg**

Helps baby against neural defects. Helps baby’s brain and spinal cord develop.

Food Sources

Egg Yolk, Chicken, Broccoli, Mushrooms, and Soybeans

**Omega-3 Fatty Acids 300 mg**

Needed for baby’s cognitive function Critical building block for baby’s brain and nervous system

Helps to build a Healthy immune system for mother

Food Sources

Tuna, Salmon, Anchovies, Herring, and Sardines

**B Vitamins**

**B1 – Thiamin** **1.4 mg**

Helps mother’s energy levels. Regulates baby’s nervous system

Food Sources

Eggs, Rice, Berries, Nuts, and Legumes

**B2- Riboflavin** **1.4 mg**

Maintains mother’s energy. Helps baby develop good eyesight and healthy skin

Food Sources

Meats. Fish, Dairy, and Eggs

**B3- Niacin**

Helps baby build healthy nervous system Healthy skin for baby

Helps mother with healthy digestion

Food Sources

Peanuts, Milk, Fish, and Eggs

**B6 – Pyridoxine 1.9 mg**

Helps baby form red blood cells Helps relieve morning sickness symptoms for mom

Food Sources

Chicken, Carrots, Cabbage, and Cantaloupe

**B12 2.6 mg**

Helps prevent neural tube defects in baby Important part of DNA synthesis

Food Sources

Shellfish, Beef, Liver, and Eggs

Keep in mind that these lists are not all inclusive, there may be other foods that contain these nutrients as well.

This is meant to be a guide for you to refer to.

For More information or to schedule an appointment:

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