**Your body’s needs for you and your baby**

We are going to talk about the nutrients your body needs, staying hydrated, exercise and sleep. These are basic guidelines to a healthy pregnancy. Keep in mind what directions your physician gives you about your own personal needs. As we go through we are going to discuss why it is important, how much you need and example of where to get it.

**Nutrients**

* **Folic Acid 600-800 mcg**

1. Essential for your Baby’s Growth
2. Vital for red blood cell health and cell development
3. Folic acid is important during pregnancy because it helps form the neural tube, which develops into the baby's brain and spinal cord
4. Prevent some major birth defects of the baby’s brain (anencephaly) and spine (spina bifida)
5. Reduce the risk of miscarriage
6. Safeguard against congenital heart defects in the baby
7. Lower the chance of getting gestational diabetes
8. Reduce the risk of preterm labor
9. Protect against cleft lip and/or cleft palate in the baby

Food Sources

Leafy Green Vegetables: Spinach and other leafy greens are excellent sources of folate. A cup of cooked spinach provides approximately 263 mcg

Citrus Fruits: Orange juice and other citrus fruits contain folate. A cup of orange juice offers around 74 mcg

Beans, Peas, and Nuts: Legumes like lentils, chickpeas, and black beans are rich in folate. A cup of cooked lentils provides about 358 mcg

Cauliflower - 61 mcg

Strawberries -36 mcg

Enriched Bread, Cereals, and Grains: Many grain products are fortified with folic acid. Check labels for the exact amounts, as well as added sugar, salt and artificial flavors and colors. For instance, a serving of fortified cereal can contribute around 100 to 400 mcg

* **Iron 27 mg**

1. Helps make Hemoglobin needed for blood cells and oxygen
2. Helps prevent anemia Helps prevent headaches, fatigue, and postpartum depression
3. It's an important component of myoglobin (a protein that helps supply oxygen to your muscles), collagen (a protein in bone, cartilage, and other connective tissue), and many enzymes.
4. It helps maintain a healthy immune system.

Food Sources

-Spinach – 6.5 mg in 1 cup

-Fish

-Lean Red Meat

-Poultry

-Dried Fruits

-Beans

* **Calcium**  **1000-1300 mg**

1. Helps Prevent Blood Clots,
2. Helps baby develop strong bones and teeth,
3. Helps baby develop healthy circulatory, muscular, and nervous systems

Food Sources

-Broccoli and Kale

-Dairy (Milk, Cheese, Yogurt)

-Salmon

-Soy Milk

* **Vitamin C 80-85mg**

1. Protects tissues from damage,
2. Helps Body Absorb Iron,
3. Helps baby develop healthy immune system

Food Sources

-Citrus Fruits

-Potatoes

-Bell Peppers

-Tomatoes

* **Vitamin D 5 mcg /600 IU**

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

Food Sources

-Salmon

-Milk

-Eggs

-Orange Juice

\*(and Sunshine)

* **Choline 450 mg**

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

Food Sources

-Egg Yolk

-Chicken

- Broccoli

-Mushrooms

-Soybeans

* **Omega-3 Fatty Acids 300 mg**

1. Critical building block for baby’s brain and nervous system
2. Needed for baby’s cognitive function
3. Healthy immune system for mother

Food Sources

-Tuna

-Salmon

-Anchovies, Herring, and Sardines

* **B Vitamins**
* **B1 – Thiamin 1.4 mg**

1) Helps mother’s energy levels

2) Regulates baby’s nervous system

Food Sources

-Eggs

-Rice

-Berries

-Nuts/Legumes

* **B2- Riboflavin 1.4 mg**

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

Food Sources

-Meats

-Fish

-Dairy

-Eggs

* **B3- Niacin**

1. Healthy skin for baby
2. Helps baby build healthy nervous system
3. Helps mother with healthy digestion

Food Sources

-Peanuts

-Milk

-Fish

-Eggs

* **B6 – Pyridoxine 1.9 mg**

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

Food Sources

-Chicken

-Carrots

-Cabbage

-Cantaloupe

* **B12 2.6 mg**

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

Food Sources

-Shellfish

-Beef

-Liver

-Eggs

* **Protein**

-Eating seafood during pregnancy may benefit your baby’s growth and is a healthy

protein source for you during both pregnancy and breastfeeding. Choose options

lower in methylmercury, like cod, salmon, or tilapia.

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. We are going to do an activity to see what foods and nutrients you remember. We have a total of 14 nutrients that we talked about. I am going to assign each table different nutrients and each table will get an envelope of foods. I want you as a group to match the foods with the nutrient that you have. Keep in mind that one food may fit with more than one Nutrient. Your doctor may recommend prenatal vitamins and some nutritional suggestions based upon your individual needs, remember your doctor is the expert on you and your baby.