

Pregnancy nutrients you need to help your baby grow

Nutrient	Daily Amount	Do you need a supplement?	Benefit to your baby	Food source
CALCIUM	1,000 mg	Maybe	Grows strong bones and teeth, healthy nerves, heart, and muscles; develops heart rhythm and blood clotting.	8 oz. skim milk: 301 mg, 8 oz. calcium-fortified orange juice: 300 mg, 1 oz. mozzarella cheese: 222 mg, 2 corn tortillas: 92 mg
CHOLINE	450 mg	Maybe	Helps brain cells develop properly; helps prevent neural tube defects.	1 hard-boiled egg: 113 mg, 3 oz. pork: 88 mg, 3 oz. cod: 71 mg
CHROMIUM	30 mcg	No	Promotes the building of protein in your baby's growing tissues; regulates blood sugar levels.	1 tbsp. peanut butter: 41 mcg, 3 oz. broiled skinless chicken: 22 mcg, 1 apple: 15 mcg
COPPER	1 mg	No	Helps form heart, skeletal, and nervous systems, arteries, and blood vessels.	3 oz. canned crab meat: 1.0 mg, 1 oz. raw cashews: 0.6 mg, 1/2 cup cooked kidney beans: 0.2 mg
FOLIC ACID	at least 600 mcg during pregnancy	Yes	Helps prevent neural tube defects; may reduce risk of other birth defects; critical for DNA production (building block of cells).	1/2 cup lentils: 179 mcg, 1/2 cup fortified cereal: 133 mcg, 4 steamed or boiled asparagus spears: 81 mcg
IODINE	220 mcg	No	Regulates metabolism; helps nervous system develop.	3 oz. cod: 99 mcg, 1 cup low-fat yogurt: 87 mcg, 1 tbsp wakame (sea vegetable): 82 mcg, 1/4 tsp iodized salt: 67 to 100 mcg, 1 baked potato with skin: 60 mcg
IRON	27 mg (almost double the amount for women who aren't pregnant)	Yes	Makes red blood cells; supplies oxygen to cells for energy and growth; builds bones, cartilage, and other connective tissue.	1 cup iron-fortified cereal: 24 mg, 1/2 cup cooked lentils: 3.3 mg, 1/2 cup boiled spinach: 3.2 mg, 3 oz. beef tenderloin: 3 mg
MAGNESIUM	350 mg	Maybe	Helps build strong bones and teeth; regulates insulin and blood sugar levels; builds and repairs tissue.	1 oz. dried pumpkin seeds: 152 mg, 3 oz. halibut: 90 mg, 1 cup spinach pasta: 87 mg
MANGANESE	2 mg	No	Helps form bones and cartilage; helps protect cells from damage; activates enzymes that help metabolize protein, fat, and carbohydrates.	1 cup cooked brown rice: 1.8 mg, 1 cup cooked oatmeal: 1.3 mg, 1/2 cup pineapple chunks: 0.9 mg
PANTOTHENIC ACID	6mg	No	Essential for production of hormones and cholesterol and for the metabolism of carbohydrates, proteins, and fats.	1/2 avocado: 1.1 mg; 1 cup nonfat milk: 1.0 mg; 1 hard-boiled egg: 0.7 mg
PHOSPHORUS	700mg	No	Builds strong bones; develops blood clotting, kidney function, and normal heart rhythm.	3 oz. canned salmon (with bones): 251 mg, 1 cup nonfat milk: 247 mg, 1/2 cup cooked black beans: 241 mg, 3 oz. lean beef patty: 189 mg
POTASSIUM	4,700 mg	No	Helps maintain fluid and electrolyte balance; aids muscle contractions, energy metabolism, and nerve function.	1 baked potato: 844 mg, 8 oz. prune juice: 706 mg, 1/2 cup cooked lima beans: 484 mg, 1/4 cup dried [SB1] apricots: 378 mg
RIBOFLAVIN	1.4 mg	No	Promotes growth, good vision, and healthy skin; essential for baby's bone, muscle, and nerve development.	1 cup nonfat yogurt: 0.5 mg, 3 oz. skinless duck: 0.4 mg, 1/2 cup cooked mushrooms: 0.2 mg, 1/2 cup part-skim ricotta cheese: 0.2 mg
THIAMINE	1.4 mg	No	Converts carbohydrates into energy; essential for brain development; aids heart and nervous system growth.	1/2 cup oats: 0.6 mg, 3 oz. pork tenderloin: 0.8 mg, 1 cup enriched spinach noodles: 0.4 mg, 1/2 cup cooked split peas: 0.2 mg
VITAMIN A	770 mcg RAE (retinol activity equivalents) OR 2,565 IU (international units)	No	Important for cell growth, eye development, healthy skin and mucous membranes, infection resistance, bone growth, and fat metabolism.	1 baked sweet potato: 1,096 mcg RAE, 1/2 cup boiled spinach: 573 mcg RAE; 1 raw carrot: 509 mcg RAE
VITAMIN B6	1.9 mg	No	Aids metabolism of protein, fats, and carbohydrates; helps form new red blood cells and develop the brain and nervous system.	1 banana: 0.7 mg, 1 baked potato: 0.7 mg, 1/2 cup canned chickpeas: 0.6 mg, 3 oz. chicken breast: 0.5 mg
VITAMIN C	85 mg	No	Essential for tissue repair and the production of collagen (a component of cartilage, tendons, bones, and skin).	8 oz. orange juice: 124 mg, 1/2 cup boiled broccoli: 51 mg, 1/2 cup strawberries: 49 mg, 1/2 cup cantaloupe: 29 mg
VITAMIN D	5 mcg (200 IU) or more	Yes	Helps build bones and teeth.	3 oz. salmon: 8 mcg; 1 cup milk: 2 mcg
ZINC	11 mg	Maybe	Aids cell growth; crucial for DNA production.	3 oz. Alaskan king crab: 6.5 mg, 1/2 cup firm tofu: 2 mg; 1 cup fruit-flavored yogurt: 1.8 mg