

PRENATAL NUTRITION



FOLIC ACID

Folic acid or folate reduces the risk of birth defects of the spine and spinal cord. 600 micrograms daily, is needed during pregnancy.



CALCIUM

Calcium helps protect your bones and develop strong bones for your baby! You can find calcium in foods such as: leafy green veggies, low-fat cheese and milk, and enriched breads, or take a supplement!



FIBER

Fiber helps prevent constipation. Fruits, vegetables, whole grains, and beans are great sources of fiber!



IRON

Iron is essential for red blood cell development to provide enough oxygen for your baby. It is also important for tissue formation for you, your baby, and the placenta. 27 milligrams is the daily recommendation during pregnancy.



PROTEIN

Protein helps with tissue and brain development in your baby! It also helps with the growth of breast and uterine tissue. 75-100 grams of protein is recommended daily!



VITAMIN C&D

Both vitamins are important for healthy bone development! Vitamin C supports healthy teeth, gums and bones. Vitamin D helps with both growth and calcium absorption.

FOODS WITH GOOD SOURCES OF:

FIBER	Potatoes, Carrots, Tomatoes, Peas, Black beans, Pinto beans, White beans, Kidney beans, Apples, Strawberries, Bananas, Oranges, Raisins, Leafy greens and Fortified foods
CALCIUM	Milk, Yogurt, Cheese, Collards, Kale, Spinach, Sardines, Soybeans (edamame or tofu), Black eyed peas – canned or dried, White beans – canned or dried and Oranges
PROTEIN	Chicken, Lean Beef, Pork, Nuts, Fully Cooked Fish or Seafood, Liver, Lamb and Tofu
VITAMIN C	Orange, Strawberry, Lemon, Mango, Tomato, Grapefruit, Kiwi, Melon, Potatoes and Peppers
VITAMIN D	Fortified foods such as: Cheese, Yogurt, Cereal, Milk and Orange juice. Egg yolk, Salmon and Cod Liver Oil
IRON	Spinach, Kidney beans, Beef, Chicken liver, Sardines, Chicken, Turkey, Tuna, Baked potato, Enriched breakfast cereals – look for high iron grams on the label
FOLIC ACID	Oranges, Orange Juice, Raspberries, Blackberries, Strawberries, Grapefruit, Cantaloupe, Honeydew melon, Spinach, Iceberg and Romaine Lettuce, Asparagus, Cauliflower, Broccoli, Raw Celery, Cabbage, Winter Squash, Peas, Corn, Kidney beans, Lentils, Tofu, Peanuts and Peanut Butter. You can also find folic acid in fortified foods such as: Flour, Rice, Pasta, Cornmeal, Cereal and Bread.

OTHER IMPORTANT VITAMINS & MINERALS:

VITAMIN A	Helps protect against infections, supports cell growth and healthy skin.
B VITAMINS (THIAMINE, VITAMIN B6, RIBOFLAVIN)	<ul style="list-style-type: none"> • Thiamine is important for your baby's brain development. • Vitamin B6 helps form new red blood cells, which is important for the developing brain and nervous system. • Riboflavin promotes your baby's bone, muscle and nerve development.
POTASSIUM	Helps maintain the fluid balance in cells.
ZINC	Can help reduce neural tube defects and helps with the development of your baby's body tissues.

This brochure was made possible by Grant Number 5-SP1AH000075-02-00 from the Office of Population Affairs (OPA). The content and material presented are solely the responsibility of the authors and do not necessarily reflect the official views of OPA or the U.S. Department of Health and Human Services.



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