

the vitamins and minerals necessary to nourish a healthy baby

what	why	how
calcium	creates strong bones and teeth, helps prevent blood clots, helps muscles and nerves function	milk, yogurt, cottage cheese, cheese (not soft), beans, cheddar cheese, soy milk, 100 % juice, breads, cereals, dark-green leafy vegetables, canned fish with bones
protein	helps tissue, bones, the production of amino acids; repairs cells	eggs, beans, meat, poultry, dairy products, veggie burgers, legumes, nuts
folic acid, folate	protect against neural tube birth defects and other neural tube defects helps support the placenta	green leafy vegetables (the deeper the color the better), beans, orange, strawberries, green-leafy vegetables, beets, broccoli, cauliflower, peas, whole-grain pasta, beans, nuts
iron	red bloods cells help oxygenate the baby	soy, lean meats, beans
zinc	helps produce insulin and enzymes	red meats, poultry, beans, nuts, whole grains, oysters, dairy products
omega-3 fatty acids	brain and eye development	salmon (up to 12 oz of low-mercury fish a week)
vitamin D	helps body use calcium and phosphorus; promotes strong teeth and bones	milk, fatty fish, sunshine
vitamin A/ beta carotene	helps grow teeth and bones	liver, milk, eggs, carrots, green and yellow vegetables, pumpkin, yellow fruits, cantaloupe
vitamin E	helps body form and use red blood cells and muscles	wheat germ, nuts, spinach
vitamin C	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
Thiamin/ B1	raises energy level and regulates nervous system	whole grain, wheat germ, organ meats, eggs, rice, pasta, berries, nuts, legumes, pork
riboflavin	maintains energy, good eyesight, healthy skin	meats, poultry, fish, dairy products, eggs
niacin	promotes healthy skin, nerves and digestion	high-protein foods, whole-grain breads, meats, fish, milk, eggs, peanuts
pyridoxine	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