Nutrient Rich Foods

People caring for *little* people

RAMSAY HEALTH CARE

Nutrient	Common Sources	Other information
Folate, folic acid	Green leafy vegetables, citrus, berries, bananas, legumes- (beans, lentils)	Additional supplementation is required with 500 micrograms of folic acid taken in tablet form once daily one month prior to conception and at least for the first three months of pregnancy to prevent spina bifida and other neural tube defects.
Iron, B12	Lean red meat, chicken, pork, fish, legumes, green leafy vegetables	Iron needs increase significantly during pregnancy. Eating meat with foods rich in vitamin C (berries, tomatoes) will help your body absorb iron better. Vitamin B12 supplementation may also be required for vegetarians.
Calcium	Dairy foods – milk, yoghurt, cheese, nuts	3-4 serves of dairy daily will provide the required 1,000 mg calcium. Supplementation may be required if you can't eat enough of these foods e.g. lactose intolerance.
Vitamin D	UV light/sunshine, oily fish, cod liver oil	Women who stay indoors, have dark skin or cover/veil themselves are at increased risk of vitamin D deficiency. This can affect calcium absorption and bone development in you and your baby. Supplementation may be required depending on blood test levels of vitamin D.
Iodine	Fish, dairy, green leafy vegetables, iodised salt	Additional iodine supplementation of 150 micrograms each day is required to ensure normal brain and nervous system development in babies
Zinc	Read meat, fish, dairy, nuts, legumes	Zinc requirements are usually adequately obtained from eating a variety of foods
Protein	Meat, fish, chicken, dairy	Most Australian women don't need to increase the amount of protein they eat
Omega 3, Omega 6, fatty acids	Fish, some plant foods and nuts	Many women do not consume the recommended 200 mg of essential fatty acids (DHA or docosahexanoic acid) from marine based foods. Some research favours additional omega 3 and 6 for both baby's and mothers' wellbeing during and after pregnancy. Avoid fish known to concentrate mercury.