PREGNANCY NUTRITION

GREAT WAYS TO CURB UNHEALTHY CRAVINGS...

Eat breakfast
Eat small, frequent meals
Get plenty of exercise
Have lots of emotional support

IMPORTANT NUTRITION ELEMENTS FOR PREGNANT PEOPLE (DAILY VALUE)

Vitamin D - 600iu
To increase calcium absorption
milk, fish

Iron - 27mg
To prevent anemia and help
achieve healthy birth weight
lean meat, seafood, nuts, beans

Iodine - 220mcg
To promote healthy brain
and nerve development
low-mercury seafood (cod, shrimp, salmon), yogurt, milk

Calcium - 1000-1,300mg
To help baby grow strong
bones, teeth, hair and nails
yogurt, cheese, milk

Folate - 600mg
To help prevent birth defects
and preterm birth
asparagus, dark leafy greens,
nuts, beans

Doctors suggest eating
5 TIMES A DAY during pregnancy.

BUILDING BLOCKS FOR A HEALTHY DIET

FRUITS
GRAINS
PROTEIN
VEGETABLES
DAIRY

HEALTHY WEIGHT GAIN DEPENDS ON WHERE YOU START.

Under weight = 28-40 lbs
Normal weight = 25-25 lbs
Overweight = 15-25 lbs
Obese = 11-20 lbs

8. https://www.choosemyplate.gov/