



Nutrients for a Healthy Pregnancy

Healthy pregnancy includes good nutrition. During pregnancy, there are five specific nutrients that are key to your baby's development. See how your food choices add up.

Folic Acid:	Vitamin C:	Vitamin A:	Iron:	Calcium:
Helps form red and white blood cells and prevent neural tube defects such as spina bifida	Helps to keep your immune system healthy and form and repair red blood cells, bones, and other tissue	Promotes growth of cells and tissues and protects from infection by keeping skin and tissues healthy	Necessary for red blood cell formation to increase blood volume	Helps form baby's bones and teeth and also maintain your own bones and teeth, regulates blood pressure
<ul style="list-style-type: none"> • Spinach • Leafy vegetables • Liver • Yeast breads • Wheat germ • Legumes (dried beans*, peas, and lentils) • Oranges • Grain products such as bread, flour, cornmeal, rice, and noodles have been fortified with folic acid • Peanuts 	<ul style="list-style-type: none"> • Citrus fruits (orange, kiwi, grapefruit, tangerine) • Other fruits (guava, papaya, berries, melons) • Broccoli* • Orange juice • Red and green bell peppers* • Tomatoes and tomato juice • Potato, baked with skin • Spinach and other dark-green leafy vegetables 	<ul style="list-style-type: none"> • Beef • Liver • Sweet potatoes • Kale • Carrots • Fruits (mango, papaya, apricot, cantaloupe, orange) • Spinach • Red and green bell peppers* • Milk • Romaine lettuce • Eggs • Broccoli* 	<ul style="list-style-type: none"> • Beef • Liver • Fortified breakfast cereal • Spinach • Soybean nuts • Beans • Pork • Pretzels • Enriched rice • Raisins • Prune juice and dried prunes • Lean sirloin • Bran • Chicken breast 	<ul style="list-style-type: none"> • Milk • Yogurt • Cheese • Pudding • Turnip greens* • Broccoli* • Kale • Cottage cheese • Tofu, processed with calcium sulfate • Calcium fortified orange juice • Ice cream • Okra • Fish with edible bones (salmon, sardines, anchovies) • Soy foods

*Indicates foods to limit or avoid if you experience morning sickness