

# Vitamin Requirements During Pregnancy

Nutrient	Daily amount	Benefit to your baby	Food source
<u>Calcium</u>	1,000 mg	Grows strong bones and teeth, healthy nerves, heart, and muscles. Also develops heart rhythm and blood clotting.	8 oz. skim milk: 302 mg 8 oz. calcium-fortified orange juice: 300 mg 1/2 cup rice: 300 mg 3 corn tortillas: 150 mg
<u>Chromium</u>	30 mcg	Regulates blood sugar levels; stimulates protein synthesis in developing tissues.	1 tablespoon peanut butter: 41 mcg 3 oz. broiled skinless chicken: 22 mcg 1 slice whole-grain bread: 16 mcg
<u>Copper</u>	1 mg daily	Helps form heart, skeletal, and nervous systems, arteries, and blood vessels	2.4 mg, 3 oz. canned crab meat: 1.1 mg 1 cup cooked kidney beans: 0.56 mg 1 cup cooked brown rice: 0.51 mg
<u>Fluoride</u>	3 mg daily considered safe	Needed when teeth begin to form at ten weeks; later, in the second and third trimesters, needed to develop primary incisors, molars, and permanent teeth	1 cup cooked kale: 0.205 mg 1 medium apple: 0.093 mg
<u>Folic Acid</u>	400 mcg (before conceiving), 600-800 mcg (during pregnancy)	Is a critical part of spinal fluid and helps close the tube housing the central nervous system; also helps synthesize DNA and normalize brain function.	1/2 cup lentils: 179 mcg 1/2 cup cereal (fortified): 146-179 mcg 4 spears steamed asparagus: 88 mcg
<u>Iodine</u>	220 mcg	Regulates metabolism, helps develop nervous system.	Salt is fortified with iodine; also in fluoridated drinking water.
<u>Iron</u>	Maternal iron requirements are greatest during the 2 <sup>nd</sup> and 3 <sup>rd</sup> trimesters. 30 to 60 mg	Makes red blood cells, supplies oxygen to cells for energy and growth, and builds bones and teeth.	Combine heme (in animal sources) and nonheme iron (in plants): 3 oz. beef sirloin, about 1.9 mg 1/2 cup lentils: 3.3 mg 1/2 cup boiled spinach: 3.2 mg 3/4 cup iron-fortified cereal: 1.8 mg
<u>Magnesium</u>	Between 350 and 360 mg	Helps build strong bones and teeth, regulates insulin and blood-sugar levels, builds and repairs tissue	1 oz. dried pumpkin seeds: 151.9 mg 3 oz. halibut: 91 mg 1 cup spinach spaghetti: 86.6 mg
<u>Manganese</u>	2 mg daily	Aids bone and pancreas development and synthesis of fats and carbohydrates	1 cup cooked brown rice: 6.93 mg 1 cup cooked whole-oat oatmeal: 0.95 mg 1 cup cooked black beans: 0.76 mg
<u>Pantothenic Acid</u>	No RDA 6 mg considered safe	Regulates adrenal activity, antibody production, growth and metabolism of protein and fat.	1 medium hard-boiled egg: 1.1 mg 1/2 medium avocado: 1.1 mg 1 cup nonfat milk: 1.0 mg
<u>Phosphorus</u>	700 mg	Builds strong bones and teeth; develops blood clotting and normal heart rhythm.	3 oz. canned salmon (with bones) 279 mg 1 cup cooked pinto beans: 273 mg 1 cup nonfat milk: 247 mg 1 cup cooked black beans: 241 mg
<u>Potassium</u>	No RDA 2,000 mg per day considered safe.	Aids muscle activity and contractions, energy metabolism, and nerve function.	1 medium baked potato: 844.4 mg 8 oz. prune juice: 706.6 mg 1 cup raisins: 575 mg 10 dried apricots: 482 mg

<u>Riboflavin</u>	1.4 mg	Promotes growth, good vision, and healthy skin. Essential for baby's bone, muscle, and nerve development.	1 cup nonfat yogurt: 0.5 mg 3 oz. skinless duck: 0.4 mg 1/2 cup boiled mushrooms: 0.2 mg 1/2 cup part-skim ricotta cheese: 0.2 mg
<u>Thiamine</u>	1.4 mg daily	Converts carbohydrates into energy; essential for brain development. Also aids heart and nervous system growth.	1 tablespoon brewer's yeast: 1.3 mg 3 oz. pork tenderloin: 0.8 mg 1 cup enriched spinach noodles: 0.4 mg 1 cup split peas: 0.4 mg
<u>Vitamin A</u>	770 mcg RAE (retinol activity equivalents) OR 2,565 IU (international units)	Important for cell growth, eye development, healthy skin and mucous membranes, infection resistance, bone growth, and fat metabolism.	1 baked sweet potato: 1,403 mcg RAE 1 cup boiled spinach: 1,146 mcg RAE 1 raw carrot: 433 mcg RAE
<u>Vitamin B6</u>	1.9 mg	Aids metabolism of protein, fats, and carbohydrates. Helps form new red blood cells and develop the brain and nervous system	1 medium banana: 0.7 mg 1 medium baked potato: 0.7 mg 1 cup chickpeas: 0.6 mg 3 oz. chicken breast: 0.5 mg
<u>Vitamin C</u>	85 mg	Essential for tissue repair and collagen production. Aids proper growth and strengthens bones and teeth.	8 oz. orange juice: 124 mg 1 cup strawberries: 84.5 mg 1/2 cup boiled broccoli: 58.2 mg 1 tomato: 23.5 mg
<u>Vitamin D</u>	10 mcg	Helps build bones and teeth.	3 oz. herring: 35 mcg 3 oz. salmon: 8 mcg 1 cup milk: 2 mcg
<u>Zinc</u>	11 mg	Helps form organs, skeleton, nerves, and circulatory system.	3 oz. beef blade roast: 8.7 mg 3 oz. Alaskan king crab: 6.5 mg 1/3 cup toasted wheat germ: 4.7 mg