



# Daily Nutritional Needs During Pregnancy

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NUTRITIONAL NEEDS	BENEFITS	COMMON FOODS
80-100 grams protein	blood volume expansion, fetal and placental growth and development	animal products, dairy, cheese, soybean curd, beef, poultry, organ meats, fish
2600-3000 calories	increases protein availability, meeting mom and growing baby's energy needs	organic, whole foods whenever possible
sodium to taste	maintenance of fluid balance, normal blood pressure and amniotic fluid	sea salt, seafood, celery, seaweed
2 quarts clear fluid	maintains amniotic fluid volume	water and clear non-carbonated liquids, fruits, vegetables
4mcg vitamin B12	reduces risk of megaloblastic anemia, aids in formation of red blood cells	milk, eggs, cheese, fermented soy products, organ meats
2.6mg vitamin B6	regulates mood, utilization of carbohydrates, optimizes insulin for glucose absorption	salmon, avocado, banana, chickpeas, beef round steak, acorn squash, raisins
1-2mg folate	aids in cell division and replication, neurological development, prevents neural tube defects	dark green leafy vegetables, nutritional yeast, organ meats, whole grains, salmon, milk, root vegetables



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NUTRITIONAL NEEDS	BENEFITS	COMMON FOODS
1.2-1.5 grams calcium	balances blood pH, transmits nerve impulses, maintains maternal bone content	almonds, broccoli, collard greens, kale, olives
18+ mg iron	supports increases maternal blood volume, storage for blood loss postpartum	liver, oysters, pumpkin seeds, wheat germ, kelp, dulse seaweed
5000 IU vitamin A	cell development and tissue growth	fresh apricots, carrots, nectarines, sweet potato, winter squash, watermelon, yellow fruits and vegetables
400 IU vitamin D	assists in absorption of calcium and phosphorus	salmon, egg yolks, fortified products, sunlight
80mg vitamin C	tissue formation, increases iron absorption	raw peppers, oranges, tomatoes, lemon, lime, cabbage, cauliflower
10 IU vitamin E	tissue growth and cell wall integrity	cold pressed oils, eggs, wheat germ, sweet potatoes, leafy vegetables
1.2 grams phosphorus	fetal bone and tooth formation	fish, meat, poultry, legumes, nuts, dairy



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NUTRITIONAL NEEDS	BENEFITS	COMMON FOODS
175 mcg iodine	supports increased metabolism	seafood, kelp
450 mg magnesium	tissue growth, cell metabolism	seafood, whole grain, dark green vegetables, nuts
25mg zinc	tissue growth	pumpkin seeds, sunflower seeds, mushrooms, nutritional yeast, soybeans, oysters, eggs, meats

Frye, A. (2010). Basic Nutrition. In *Holistic midwifery: A comprehensive textbook for midwives in homebirth practice* (Vol. I, Ser. Care During Pregnancy, pp. 206-212). essay, Labrys Press.

Frye, A. (2010). Nutrient Needs During Pregnancy. In *Holistic midwifery: A comprehensive textbook for midwives in homebirth practice* (Vol. I, Ser. Care During Pregnancy, pp. 218-226). essay, Labrys Press.

