

Pregnancy - Common Symptoms and Care Tips
Article

Pregnancy Vitamins & Prenatal Supplements

JUN 13, 2022

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YOUR PREGNANCY FRIENDLY MICRONUTRIENTS

Eating well is one of the best things you can do during pregnancy. It will help in **getting enough nutrients to support your health** and your fetus's health.¹ Micronutrients which refer to vitamins and minerals, are **key to important bodily functions and key to help infants and children grow, learn, and thrive.**² Pregnant woman need more of folic acid, iron, zinc, calcium, vitamin D, vitamin A, choline, B vitamins, and vitamin C.^{2,3}



Vitamin / Mineral	Recommended daily amount	Role in your body and your fetus's body	Food and other sources
Iron	27mg	<ul style="list-style-type: none"> Make extra blood needed by you and fetus Growth and development of fetal brain Prevention of low birth weight, anemia, and premature delivery 	<ul style="list-style-type: none"> Beef Beans Spinach Oral Iron Optimal or grain fortified with iron
Zinc	11mg	<ul style="list-style-type: none"> Immunity Resistance to infection Protein growth and development of fetal nervous system 	<ul style="list-style-type: none"> Red meats Poultry Beans Nuts Whole grains Fortified cereals Dairy products
Calcium	1000mg	<ul style="list-style-type: none"> Reduce risk of Pre-eclampsia (medical condition where pregnant women experience a sudden increase in their blood pressure) Build fetus strong bones and teeth 	<ul style="list-style-type: none"> Dairy products such as milk, cheese, yogurt Seaweed Fortified foods (cereals, breads, and juices) Almonds and sesame seeds Sardines Dark green leafy vegetables
Vitamin D	15mcg	<ul style="list-style-type: none"> Makes calcium to building blocks strong and healthy bones and teeth Essential for muscle and immune functions Helps the immune system fight off bacteria and viruses Healthy weight and skin 	<ul style="list-style-type: none"> Sun exposure Fortified milk and breakfast cereals Egg yolk Fatty fish such as salmon and sardines
Vitamin A	770mcg	<ul style="list-style-type: none"> Health growth of bones and teeth Formation of healthy eyesight Immune function 	<ul style="list-style-type: none"> Milk Eggs Carrots Spinach Green and yellow vegetables Pumpkin Potatoes Pumpkins Yellow fruits Carrots
Choline	450mg	<ul style="list-style-type: none"> Development of fetus's brain and spinal cord 	<ul style="list-style-type: none"> Chicken Beef Eggs Milk Soy products Peanuts
Vitamin C	85mg	<ul style="list-style-type: none"> Protects tissues from damage Helps body absorb iron Building healthy immune system Healthy gums, teeth, and bones 	<ul style="list-style-type: none"> Citrus fruits and juices Strawberries Papaya Blackberries Red pepper Potatoes Tomatoes
Thiamin(B1)	1.4mg	<ul style="list-style-type: none"> Raises levels of energy Regulates the nervous system 	<ul style="list-style-type: none"> Whole grains Fortified cereals Eggs Rice Fruits Beans Nuts Legumes
Riboflavin(B2)	1.4mg	<ul style="list-style-type: none"> Maintains energy, good eyesight, healthy skin 	<ul style="list-style-type: none"> Meats Poultry Fish Dairy products Fortified cereals Eggs
Niacin(B3)	18mg	<ul style="list-style-type: none"> Healthy skin, nerves, and digestion 	<ul style="list-style-type: none"> High-protein foods Fortified cereals and bread Meats Fish Milk Eggs Peanuts
Vitamin B6	1.9mg	<ul style="list-style-type: none"> Formation of red blood cells Reduces morning sickness 	<ul style="list-style-type: none"> Chicken Fish Eggs Soybeans Cornmeal Cottage Carrots Carrots Peanut Spinach Sardines Beans Blackberries Strawberries Beets Onion Beets Peanuts and walnuts
Vitamin B12	2.6mcg	<ul style="list-style-type: none"> Important factor in DNA synthesis Prevent fetus from neural tube defects (NTDs) 	<ul style="list-style-type: none"> Fish Beef Eggs Dairy Poultry

Other than the vitamins and minerals listed, **Omega 3** and lutein are **essential during pregnancy.**



Omega 3 is an essential fatty acid that the body doesn't produce which should be taken from different food sources such as salmon and sardines or even as a food supplement. **300 mg of DHA** is needed daily for pregnant woman as it is the building block of the fetal brain, eyes, and nervous system.⁴ It also helps in preventing perinatal depression and supporting healthy postpartum mood and well-being for moms.^{4,5}



Lutein is a carotenoid that acts as an antioxidant. **It is present in leafy greens like kale and romaine lettuce, broccoli, zucchini, corn, carrots, okra, celery, oranges, tomatoes, melons, grapefruit, beet, and asparagus.** No daily recommendation has been set yet by global organization, however it was found to be beneficial in pregnancy by supporting healthy development of the retina and brain of the baby,⁶ and having an association with better offspring verbal intelligence and behavior regulation ability in mid-childhood.⁷



Make healthy balanced eating from all the food groups as your goal and best mate during your pregnancy as **it will help you in getting all the necessary nutrients.** Consult with your doctor if you need to take any **vitamin supplement** if you feel you are missing on any essential vitamin from any food source.



REFERENCES

- Nutrition During Pregnancy (ACOG)
- Maternal and Fetal Outcomes of Iron Deficiency in Pregnancy (WHO)
- Nutrition Recommendations for Pregnancy and Lactation (NIH.gov)
- Iron Deficiency in Pregnancy and Its Effect on the Fetus (WHO)
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC366272/
- Maternal Lutein and Zeaxanthin Concentration in Relation to Offspring Visual Acuity at 3 Years of Age: The GUSTO Study (PubMed.gov)
- Maternal Intake of Lutein and Zeaxanthin during Pregnancy is Positively Associated with Offspring Verbal Intelligence and Behavior Regulation in Mid-Childhood in the Project Viva Cohort - PubMed (nih.gov)

Vitamins Needed for Pregnancy: Your Friendly Micronutrients

Eating well is one of the best things you can do during pregnancy, it will help in getting enough nutrients to support your health and your fetus's

health.¹ Micronutrients which refer to vitamins and minerals, are key to important bodily functions and key to help infants and children grow, learn, and

thrive.² Pregnant woman need more of folic acid, iron, zinc, calcium, vitamin D,

vitamin A, choline, B vitamins, and vitamin C.^{2,3} Here is a list of **vitamins needed for pregnancy**:

Vitamin/Mineral	Recommended daily amount	Role in your body and your fetus's body	Food and other sources
Iron	27mg	<ul style="list-style-type: none"> • Make extra blood needed by you and fetus • Growth and development of fetus's brain • Prevention of low birth weight, anemia, and premature delivery 	<ul style="list-style-type: none"> • Beef • Beans • Spinach • Dried fruits • Oatmeal or grains fortified with iron
Zinc	11mg	<ul style="list-style-type: none"> • Immunity • Resistance to infection • Proper growth and development of fetus nervous system 	<ul style="list-style-type: none"> • Red meats • Poultry • Beans • Nuts • Whole grains • Fortified cereals • Dairy products
Calcium	1000mg	<ul style="list-style-type: none"> • Reduce risk of Pre-eclampsia (medical condition where pregnant woman experiences a sudden increase in their blood pressure) • Build fetus strong bones and teeth 	<ul style="list-style-type: none"> • Dairy products such as milk, cheese, yogurt • Broccoli • Fortified foods (cereals, breads, and juices) • Almonds and sesame seeds • Sardines • Dark green leafy vegetables

Vitamin D	15mcg	<ul style="list-style-type: none"> • Helps calcium in building fetus's strong and healthy bones and teeth • Essential for muscle and nerve functions, • Helps the immune system fight off bacteria and viruses, • Healthy eyesight and skin 	<ul style="list-style-type: none"> • Sun exposure • Fortified milk and breakfast cereals • Egg yolks • Fatty fish such as salmon and sardines
Vitamin A	770mcg	<ul style="list-style-type: none"> • Fetus's growth of bones and teeth • Formation of healthy eyesight, skin, • Immune functions 	<ul style="list-style-type: none"> • Milk • Eggs • Carrots • Spinach • Green and yellow vegetables • Broccoli • Potatoes • Pumpkins • Yellow fruits • Cantaloupe
Choline	450mg	Development of fetus's brain and spinal cord	<ul style="list-style-type: none"> • Chicken • Beef • Eggs • Milk • Soy products • Peanuts
Vitamin C	85mg	<ul style="list-style-type: none"> • Protects tissues from damage • Helps body absorb iron • Building a healthy immune system • Healthy gums, teeth, and bones. 	<ul style="list-style-type: none"> • Citrus fruits and juices • Strawberries • Papaya • Broccoli • Bell pepper • Potatoes • Tomatoes
Thiamin(B1)	1.4mg	<ul style="list-style-type: none"> • Raises levels of energy • Regulates the nervous system 	<ul style="list-style-type: none"> • Whole grains • Fortified cereals • Eggs • Rice • Pasta • Berries • Nuts • Legumes • Pork

Riboflavin(B2)	1.4mg	<ul style="list-style-type: none"> • Maintains energy, good eyesight, healthy skin 	<ul style="list-style-type: none"> • Meats • Poultry • Fish • Dairy products • Fortified cereals • Eggs
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Vitamin B6	1.9mg	<ul style="list-style-type: none"> • Formation of red blood cells • Reducing morning sickness 	<ul style="list-style-type: none"> • Chicken • Fish • Eggs • Soybeans • Carrots • Cabbage • Cantaloupe • Peas • Spinach • Sunflower seeds • Bananas • Beans • Broccoli • Brown rice • Oats • Bran • Peanuts and walnuts
Vitamin B12	2.6mcg	<ul style="list-style-type: none"> • Important factor in DNA synthesis • Prevent fetus from neural tube defects (NTDs) 	<ul style="list-style-type: none"> • Fish • Beef • Pork • Eggs • Dairy • Poultry

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Lutein is a carotenoid that acts as an antioxidant. It is present in leafy greens like kale and romaine lettuce, broccoli, zucchini, corn, carrots, okra, celery, oranges, tomatoes, melons, grapefruit, beet, and asparagus. No daily recommendation has been set yet by global organization, however it was found to be beneficial in pregnancy by supporting healthy development of the retina and brain of the baby⁶ and having an association with better offspring verbal intelligence and behavior regulation ability in mid-childhood.⁷

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6. Maternal Lutein and Zeaxanthin Concentrations in Relation to Offspring Visual Acuity at 3 Years of Age: The GUSTO Study - PubMed (nih.gov)
7. Maternal Intake of Lutein and Zeaxanthin during Pregnancy Is Positively Associated with Offspring Verbal Intelligence and Behavior Regulation in Mid-Childhood in the Project Viva Cohort - PubMed (nih.gov)