Folic Acid, Iron and Calcium Needs during Pregnancy

*Folic Acid (Folate)* helps prevent spinal cord and brain birth defects.

- How much per day? 400 mcg (micrograms)
- How can I get enough? Make sure your prenatal vitamin has 100% of the daily value and check the Nutrition Facts label of your food
- What foods have folic acid? Leafy green vegetables, and cereal or other grain foods that are fortified

*Iron* for your increased blood volume and it carries oxygen through your blood.

- How can I get enough? Make sure your prenatal vitamin has 100% of the daily value and check the Nutrition Facts label of your food
- What foods have iron? Eggs, meats (beef, poultry, seafoods that are safe to eat while pregnant), beans, lentils, dark leafy green vegetables, WIC breakfast cereals, other fortified grain products.

*Calcium* for your bones (and your baby’s).

- How much per day? 1300mg/day for 14-18 year olds and 1000mg/day for 19-50 year olds
- How can I get enough? Make sure your prenatal vitamin contains calcium and check the Nutrition Facts label of your food
- What foods have calcium? The best sources are dairy foods like milk, cheese and yogurt.