

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.