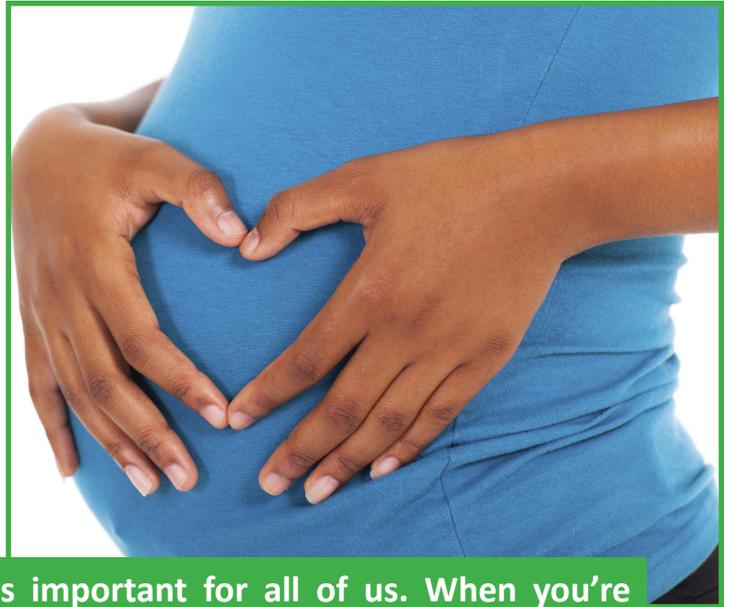


Nutrients you need when pregnant



Following a healthy, balanced diet is important for all of us. When you're pregnant many of the same rules apply – such as eating fresh fruit and vegetables, lean proteins, and wholegrains – but there are a few nutrients to pay special attention to for your good health and your baby's development.

Here are some important nutrients to include in your diet:

- **Folic acid.** Folic acid is essential for the neurological development of your baby. It can be supplemented or found in fortified wholegrains, fortified cereals, brown rice, nuts, green leafy vegetables, and citrus fruit. Consume 400-800mcg daily for as long as you are trying to conceive and throughout your pregnancy.
 - **High quality protein.** Protein is a great source of iron, B vitamins, zinc, and magnesium. All of these support your immune system and ensure that you have a strong line of defence against diseases. B vitamins are also needed for converting the food you eat into energy and red blood cell formation. Protein is also great for your baby's growth, especially in the second and third trimesters. Aim to eat at least 70g a day.
 - **Iron.** Iron helps prevent anaemia and without enough of it in your system, you could feel tired and become more prone to infections. Experts recommend 27mg a day for pregnant women, and good sources of iron include leafy green vegetables, lean red meat, fish, and chicken.
 - **Omega 3 fatty acids.** Omega 3s (commonly found in fatty fish such as salmon, mackerel, and sardines) are great for your baby's brain development. This healthy fat is also needed for proper hormone functioning and to balance the inflammatory response in your body. Choose fatty fish with low mercury levels and aim for 340g of fish a week. An added benefit of eating salmon is for Vitamin D, of which you need 600IU a day to help your baby's bones and teeth to develop.
 - **Calcium.** Eat calcium for healthy bones and a healthy circulatory, muscular, and nervous system. Dairy is an excellent source of calcium, as well as a good source of protein. Aim for 1 000mg a day and ask your doctor about non-dairy sources of calcium (such as kale or broccoli) or supplementation if dairy is not an option.
- This serves as a general nutritional guideline. Before making any changes to your diet, always consult your healthcare professional on supplement use and dietary requirements specific to your personal medical history and nutritional needs.