

Prenatal Nutrition Facts

Dear Expectant Mother,

Congratulations on your journey to motherhood! Proper nutrition during pregnancy is crucial for your health and the development of your baby. Here are some important facts to keep in mind:

Essential Nutrients

- **Folic Acid:** Helps prevent neural tube defects. Aim for 600 micrograms daily.
- **Iron:** Supports increased blood volume. Aim for 27 mg daily.
- **Calcium:** Important for baby's bone development. Aim for 1,000 mg daily.
- **Protein:** Essential for growth. Aim for 71 grams daily.

Foods to Include

Incorporate a variety of these foods into your daily diet:

- Leafy green vegetables
- Lean meats and poultry
- Dairy products
- Fish (avoid high-mercury options)
- Whole grains
- Nuts and legumes

Stay Hydrated

Drink plenty of water throughout your pregnancy. Aim for at least 8-10 cups a day.

Consult a Professional

Always consult with your healthcare provider or a registered dietitian for personalized advice.

Wishing you a healthy and joyful pregnancy!

Best Regards,
Your Healthcare Team