

**Essential Daily Nutritional Knowledge for
Pregnant Women**

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Good nutrition is a fundamental part of a healthy life-style. It is essential if you are planning to become pregnant.

Both the mother and father to be need to be healthy to provide strong genetic material for the child-to-be and a healthy womb to grow into.

FOOD RECOMMENDATIONS

Organic foods are best for you and your baby. The average American takes in nearly a gallon of pesticides per year by eating conventionally grown fruits and vegetables.

SUPPLEMENT RECOMMENDATIONS

For best results make sure the potency of the supplements is guaranteed, they are manufactured according to pharmaceutical GMP (Good Manufacturing Practices) and the product provides the necessary nutrients in the right amounts to support your pregnancy and your baby.

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**This information is for educational purposes only. Check with your midwife or doctor before adding supplements to your diet.

ESSENTIAL NUTRITIONAL SUPPLEMENTATION KNOWLEDGE FOR PREGNANT WOMEN

- A high-quality multivitamin can be an excellent prenatal vitamin if they contain adequate amounts of **follic acid, zinc, iodine** and other important vitamins and minerals which are needed in higher levels during pregnancy.
- Many times prescriptions are written so that the cost of the prenatal vitamins will be picked up by insurance companies without considering the quality of the product. What is more important are the ingredients in the vitamins and how well they absorb into your body.
- Remember to consult with your midwife or doctor before adding any additional or different supplements to your diet.

SUGGESTED DAILY RECOMMENDATIONS FOR PREGNANT WOMEN

- **IODINE:** Pregnant and nursing women need 220 to 290 micrograms. World Health Organization (WHO)³ recommends iodine intake be increased to 250mcg – potassium iodine gives a more consistent dose than kelp
- **CALCIUM:** 1,500 to 2,000 milligrams⁶ (calcium, magnesium and D3 work together)
- **MAGNESIUM:** 200 to 600mg
- **VITAMIN D3:** 2,000 to 4,000 IU^{7,8,9}
- **ESSENTIAL FATTY ACIDS (DHA):** 2,000 to 4,000mg⁴
- **VITAMIN E:** (natural begins with "d", synthetic with "dl"). The human placenta can deliver natural vitamin E to the fetus significantly more efficiently than synthetic vitamin E.¹⁰
- **FOLIC ACID:** at least 600mcg beginning before pregnancy. Taking a larger dose (up to 4,000 micrograms) at least one month before and during the first trimester may be beneficial if you have already had a pregnancy affected by a birth defect of the brain or spinal cord⁵.
- **IRON:** 30mg, if iron deficient, check about taking between 60 and 120mg
- **VITAMIN A:** (as in beta-carotene): Vitamin A comes in two main forms: preformed (retinoid form) and beta-carotene (which converts to the retinol form within the body). Preformed Vitamin A is found in meats and fortified foods. You cannot overdose on beta-carotene, unlike vitamin A from animal products, which can cause birth defects when taken in high doses just before conception or during pregnancy.

** Avoid: Peanuts may be linked to food allergies later on.

** I only recommend Alaskan Wild Salmon because of the high levels of contamination in other fish. You can find it frozen in a good natural food store or on line.

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Nutrient	Daily Amount	Benefits	Found In
<p>Vitamin A (as in beta-carotene)</p> <p>Beta-carotene is not vitamin A, it is converted to vitamin A in the body, and is not associated with the concerns of vitamin A.</p>	<p>15,000 to 25,000 IU</p>	<p>Supports reproductive health for both men and women.</p> <p>Critical for lung development and maturation of fetus and newborn.</p> <p>Powerful antioxidant, protecting the cells of the body from damage caused by free radicals.</p> <p>Important for your baby's cell growth, eye, heart, limb, and ear development, healthy skin and mucous membranes, infection resistance, bone growth and fat metabolism.</p> <p>Essential for women's postpartum tissue repair.</p>	<p>sweet potatoes, carrots, kale, spinach, turnip greens, winter squash, collard greens, cilantro, fresh thyme, cantaloupe, romaine lettuce, broccoli, cabbage, mangoes, peppers, watercress</p>
<p>Folic Acid (Folate)</p>	<p>800 to 1,000 mcg</p>	<p>Essential prior to becoming pregnant and in your first trimester to prevent birth defects of the baby's brain and spine (such as spina bifida), cleft lip/palate and congenital heart disease.</p> <p>These birth defects often happen before most women know they are pregnant.</p> <p>Particularly important for the rapid cell growth of the placenta.</p> <p>May reduce risk of preeclampsia.</p>	<p>avocado, asparagus, beets, black-eyed peas, broccoli, Brussels sprouts, fortified breakfast cereals, garbanzo beans, green leafy vegetables, oranges, spinach, whole grain bread, dark yellow fruits and vegetables</p>
<p>Vitamin B1: Thiamine</p>	<p>9 to 100mg</p>	<p>Essential for brain development, muscle growth and tone, and the functioning of the nervous and digestive systems.</p>	<p>eggs, legumes, whole grain cereals, brown rice, green leafy vegetables, nuts</p>
<p>Vitamin B2: Riboflavin</p>	<p>9 to 50 mg</p>	<p>Promotes growth, good vision, healthy skin, for digestion, immune system support and energy production.</p> <p>Essential for baby's bone, muscle, and nerve development.</p>	<p>spinach, romaine lettuce, asparagus, chard, mustard greens, broccoli, collard greens, venison, turnip greens, chicken eggs, yogurt, cow's milk</p>

Nutrient	Daily Amount	Benefits	Found In
Vitamin B3: Niacin	20 to 100 mg	Important for healthy placenta, energy, nervous system support, blood pressure and circulation.	eggs, milk, potatoes, legumes, cereals, sea vegetables, Alaskan wild salmon, meat, nuts
Vitamin B6: Pyridoxine	10 to 100 mg	Important for development of brain and nervous system, the production of red blood cells and the metabolism of proteins, fats and carbs. An old home remedy for morning sickness is an increase in the intake of B6. Long-term use of the pill may deplete the body's stores of B6.	spinach, bell peppers, turnip greens, garlic, cauliflower, mustard greens, bananas, celery, cabbage, crimini mushrooms, asparagus, broccoli, kale, collard greens, Brussels sprouts, chard
Vitamin B12: Cobalamin	30 to 250 mcg	Important for the production of red blood cells and the development of the nervous system. Helps prevent neural tube defects.	meat, dairy products, eggs, fish, fortified cereals, sea plants (like kelp), algae (like blue-green algae), brewer's yeast, tempeh, miso, tofu
Vitamin C	500 to 2,000 mg	Helps with the production and repair of tissues, the absorption of iron, and growth of bones and teeth. May reduce the risk or preeclampsia.	avocado, black currants, broccoli, Brussels sprouts, cauliflower, citrus fruits, cranberries, kale, kiwi, papaya, peppers, potatoes, spinach, organic strawberries, tomatoes, watercress
Vitamin D3 The only blood test to determine vitamin D adequacy is a 25-hydroxy-vitamin D, not the 1,25-dihydroxy-vitamin D test many physicians now order.	2,000 to 4,000 IU and 6,400 IU for nursing mothers ^{7,8,9} Test to adjust your dosage so that blood levels are between 50–80 ng/mL year-round.	Can reduce the risk of premature births. Critical to brain function, nerve function, immune function, skeletal function and DNA repair. Deficiency during pregnancy is associated with five times higher risk of preeclampsia and four times higher risk of cesarean. Preeclampsia is the leading cause of maternal and fetal death.	eggs, fortified breakfast cereals, fortified milk, Alaskan wild salmon

Nutrient	Daily Amount	Benefits	Found In
<p>Vitamin E: Tocopherol</p> <p>the natural (food-based) vitamin E begins with "d" d-alpha-tocopherol the synthetic (petroleum-derived) with "dl" dl apha-tocopherol</p>	200 to 400 IU	<p>Essential for healthy cell development.</p> <p>May be linked to a decreased risk in preeclampsia.</p> <p>Vitamin E helps premature babies fight off oxidative stress damage to the heart, lungs and eyes and defend against destruction of red blood cells that can lead to anemia.</p> <p>The human placenta can deliver natural vitamin E to the fetus significantly more efficiently than synthetic vitamin E.¹⁰</p>	<p>mustard greens, turnip greens, chard, sunflower seeds, almonds, spinach, collard greens, parsley, kale, papaya, olives, bell pepper, brussels sprouts, kiwifruit, tomato, blueberries, broccoli</p>
Vitamin K	60 mcg	<p>Essential for blood clotting.</p> <p>Vitamin K is especially important in the 37 through 40 weeks of pregnancy.</p>	<p>kale, chard, mustard greens, turnip greens, spinach, parsley, broccoli, romaine lettuce, endive, cabbage, cauliflower, watercress, olive oil, eggs, meats, cheeses, fermented soybean products</p>
Biotin (one of the B-complex vitamins)	100 to 500 mcg	<p>Supports nervous system, healthy skin and muscles.</p> <p>Assists in converting, sugars, carbohydrates and fats into energy.</p> <p>A deficiency of biotin may occur in as many as 50% of pregnant women, and this deficiency may increase the risk of birth defects. <i>American Journal of Clinical Nutrition</i> (2002;75:295–9).</p>	<p>Swiss chard, romaine lettuce, tomatoes, carrots, oats, cooked eggs, goat's and cow's milk, almonds, walnuts</p> <p>(raw egg whites can prevent biotin absorption)</p>
Vitamin B5: pantothenic acid	30 to 400 mcg	<p>Regulates your body's adrenal activity, antibody production, and the metabolism of protein and fat.</p> <p>Essential for healthy fetal growth.</p>	<p>mushrooms, cauliflower, broccoli, calf's liver, turnip greens, sunflower seeds, tomatoes, strawberries, yogurt, eggs, winter squash, collard greens, chard, corn</p>

Nutrient	Daily Amount	Benefits	Found In
<p>Inositol (B family)</p> <p>Inositol and Choline work together to increase the effectiveness of Oxytocin</p>	<p>30 to 500 mg</p>	<p>Important part in the health of cell membranes especially the cells in the brain, bone marrow, eyes and intestines.</p> <p>Breast milk and colostrum are rich in inositol.</p> <p>May help with depression and anxiety.</p>	<p>bananas, meat, Brewer's yeast, wheat germ, fruits, whole grains, nuts, legumes, milk, vegetables, beans, brown rice, corn, sesame seeds, oats, wheat bran, and other high fiber foods</p>
<p>Choline (B family)</p>	<p>45 to 100 mg</p>	<p>A component of every human cell; important for brain health and to reduce chronic inflammation.</p> <p>Pregnancy and lactation are periods when maternal reserves of choline are generally depleted and when the availability of choline for normal fetal development of the brain is critical.</p>	<p>Lecithin (an additive), soybeans and soybean products, egg yolks, butter, peanuts and peanut butter, potatoes, cauliflower, tomatoes, bananas, milk, oranges, lentils, oats, barley, corn, sesame seeds, flax seeds, whole wheat bread.</p>
<p>Calcium</p>	<p>500 to 1,500 mg</p> <p>1,500 to 2,000 mg daily of calcium supplementation can lower the risk of pregnancy induced hypertension by 70% and the risk of preeclampsia by over 60%⁶</p>	<p>Vital for bone and tooth development, and the development of nerves and muscles.</p> <p>If you are a teen or someone who does not eat dairy products more calcium is required.</p> <p>Calcium, magnesium and vitamin D work together to deliver nourishment to your growing fetus.</p>	<p>almonds, beans, cheese, spinach, turnip greens, mustard greens, collard greens, dairy products (Vitamin A, D fortified milk), dried figs, fortified breakfast cereals, leafy vegetables, legumes, lentils, fortified orange juice, peas, Alaskan wild salmon, tahini, tofu (no GMO) yogurt</p>
<p>Copper</p>	<p>1 to 2 mg</p>	<p>Essential in forming red blood cells; helps form your baby's heart, skeletal and nervous systems, arteries, and blood vessels.</p> <p>Also essential for strong bones and connective tissue.</p>	<p>crimini mushrooms, turnip greens, molasses, chard, spinach, sesame seeds, mustard greens, kale, summer squash, asparagus, eggplant, cashews, peppermint, tomatoes, sunflower seeds, ginger, green beans, potatoes, tempeh</p>

Nutrient	Daily Amount	Benefits	Found In
Iodine	<p>150 mcg</p> <p>The World Health Organization (WHO) recommends 250mcg³</p>	<p>Affects the functioning of the thyroid gland to regulate both your metabolism and you baby's.</p> <p>Essential for development of your baby's brain and nervous system.</p> <p>Iodine deficiency is the leading preventable cause of mental retardation worldwide, affecting more than 2.2 billion people.</p>	<p>Alaskan wild salmon, iodized salt, milk, sea vegetables, yogurt, cow's milk, eggs, organic strawberries, mozzarella cheese</p>
Iron	<p>30mg</p> <p>Most women need to double the amount of iron in their diet when they're pregnant, taking in at least 60 milligrams of elemental iron each day, more if anemic or carrying multiples. – AskDrSears.com</p>	<p>Necessary to make the extra blood you need to nourish your baby.</p> <p>Makes the red blood cells baby needs, builds bones and teeth.</p> <p>Insufficient iron (anemia) makes for a tired mom. Many women have iron deficiencies when entering pregnancy. A simple blood test can determine your iron levels.</p>	<p>chard, spinach, thyme, turmeric, romaine lettuce, blackstrap molasses, tofu, mustard greens, turnip greens, string beans, shiitake mushrooms, beef tenderloin, lentils, quinoa, Brussel sprouts, asparagus, venison, garbanzo beans, broccoli, leeks, kelp</p>
Magnesium	<p>400 to 1,000 mg</p>	<p>Helps build and repair your body tissue in pregnancy. A severe deficiency during pregnancy may lead to preeclampsia, birth defects, and infant mortality.</p> <p>Proper levels of magnesium during pregnancy can help keep the uterus from contracting until week 35. Dropping levels at this point may start labor contractions.</p> <p>Helps build strong bones and teeth, regulates insulin and blood-sugar levels. Magnesium and calcium work in combination: Magnesium relaxes muscles, while calcium stimulates muscles to contract.</p>	<p>Swiss chard, spinach, mustard greens, summer squash, broccoli, blackstrap molasses, halibut, turnip greens, pumpkin seeds, peppermint, cucumber, green beans, celery, kale and a variety of seeds, including sunflower seeds, sesame seeds, flax seeds</p>

Nutrient	Daily Amount	Benefits	Found In
Selenium	80 to 120 mcg	<p>Vital for protecting cells against damage.</p> <p>Important for fertility health in women and men.</p> <p>Adequate supply of selenium might help prevent preeclampsia, and may reduce the risk for miscarriage.</p>	Brazil nuts are the most highly concentrated source; salmon, mushrooms, eggs, lamb, barley, sunflower seeds, turkey, mustard seeds, oats
Zinc	<p>12 to 50 mcg</p> <p>** Note: Because Iron interferes with the absorption of zinc, if you are taking an iron supplement be sure to get plenty of zinc from food sources.</p>	<p>Necessary for your baby's immune system and bone development.</p> <p>Necessary for the production, repair, and functioning of DNA.</p> <p>Promotes healthy immune system, and healing of wounds.</p> <p>Important in forming healthy sperm and eggs and for healthy prostate function.</p>	crimini mushrooms, spinach, sea vegetables, basil, thyme, spinach, pumpkin seeds, Brewer's yeast, beef, lamb, summer squash, asparagus, venison, chard, collard greens, miso, shrimp, maple syrup, broccoli, peas, yogurt, pumpkin seeds, sesame seeds, mustard greens.
Potassium	200 to 500 mcg	<p>Important for maintaining fluid and electrolyte balance in your body's cells.</p> <p>Important in nerve function, helping your muscles contract, as well as releasing energy from protein, fat, and carbohydrates during metabolism.</p>	abundant in fruits and vegetables, chard, crimini mushrooms, spinach, fennel, kale, mustard greens, Brussel sprouts, broccoli, winter squash, blackstrap molasses, eggplant, cantaloupe, tomatoes, parsley, cucumber, bell pepper, turmeric, apricots, ginger root, strawberries, avocado, bananas, cauliflower, cabbage
Boron	1 to 3 mg	<p>Essential trace mineral that affects the absorption and metabolism of calcium, magnesium, and phosphorus.</p> <p>Important in keeping bones and joints healthy, and brain function</p>	Fruit-based beverages and products, tubers, legumes, nuts, dried fruits, fresh fruits, fresh vegetables

Nutrient	Daily Amount	Benefits	Found In
Chromium	100 to 400 mcg	<p>Necessary for regulating your body's blood sugar levels.</p> <p>It stimulates the synthesis of protein in your growing baby's tissues.</p>	romaine lettuce, onions, tomatoes, brewer's yeast, liver, whole grains, bran cereals, potatoes
Manganese	1 to 15 mg	<p>Needed for protein and fat metabolism, healthy nerves, healthy immune system, and blood sugar levels.</p> <p>Used in energy production and for reproduction. Involved in the formation of bone and cartilage.</p> <p>Important in the development of your baby's inner and outer ears.</p> <p>Works with B vitamins for overall feeling of well-being.</p> <p>Aids in the formation of mother's milk.</p>	mustard greens, kale, chard, raspberries, pineapple, romaine lettuce, spinach, collard greens, turnip greens, maple syrup, molasses, garlic, grapes, summer squash, strawberries, oats, spelt, green beans, black beans, brown rice, garbanzo beans, ground cloves, cinnamon, thyme, peppermint, turmeric, leeks, tofu, broccoli, beets, whole wheat, tempeh, cucumber, millet, barley, figs, bananas, kiwifruit, carrots
Molybdenum	20 to 60 mcg	<p>Helps with liver detoxification.</p> <p>Important in the formation of bone, cartilage and blood.</p>	buckwheat, wheat germ, liver, soy beans, dark green leafy vegetables, cocoa, eggs, beans, grains
Vanadium	50 to 100 mcg	<p>Supports iodine metabolism and thyroid function.</p> <p>Necessary for tooth and bone development.</p>	mushrooms, seafood, soybean, some cereals, sunflower, corn, safflower and olive oils, parsley, green beans, carrots, oat, cabbage

Nutrient	Daily Amount	Benefits	Found In
DHA and EPA	300mg	<p>Support fertility health for mom and dad, prevent depression, support cardiovascular health, healthy skin, reduce inflammation throughout the body and a lot more.</p> <p>Essential for the development of your baby's brain, eyes and immune system.</p> <p>Eating enough may help prevent prematurity and low birth weight.</p>	Alaskan wild fish, eggs, nuts, seeds, sea vegetables, green leafy vegetables like spinach, broccoli, cabbage, collards, and kale, unprocessed vegetable oils (most notably flaxseed, macadamia nut, and hempseed oils)
Fiber	25 grams (per National Academy of Sciences)	Helps maintain normal cholesterol levels, normalize blood sugar levels, promote regular bowels	turnip greens, mustard greens, cauliflower, collard greens, broccoli, Swiss chard, raspberries, romaine lettuce, celery, spinach, fennel, green beans, eggplant, cranberries, flax seeds, strawberries, cucumber, apricots, navy beans, grapefruit, rye, sweet potato, beets, buckwheat, shiitake mushrooms, oats