

Healthy Moms, Healthy Babies

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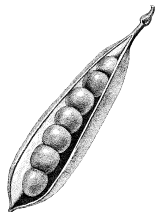
Baby Depends On The Food You Eat - Part 2

Why is eating well so important during pregnancy? Throughout pregnancy your baby is developing and needs the nutrients provided by healthy foods. Proteins, carbohydrates, fats, vitamins and minerals are the nutrients you need to eat for a healthy baby.



During the stages of your baby's development, some nutrients become more important. The B vitamin folic acid can reduce the risk of certain birth defects. Folic acid is needed most during the early months of pregnancy. You should take folic acid before you conceive to help reduce the risks of birth defects.

It is important to get enough of key recommended nutrients. The chart on the left lists some of the vitamins and minerals and their sources that are important during pregnancy. Your doctor may recommend a daily prenatal supplement.

Nutrient	Source
Calcium	Milk & milk products
Zinc	Red meat, milk, liver Whole grains
Iron	Red meat, peanut butter Eggs, dried beans and peas
	
Vitamin C	Citrus fruits Strawberries, melons Broccoli, cauliflower
Folic Acid	Green leafy vegetables Orange juice Whole grains
Iodine	Iodized salt, seafood
Magnesium	Seafood, nuts, whole grains, dried peas & beans
	
Vitamin A	Greens & deep yellow vegetables Fortified milk
B Vitamins	Whole grain; enriched & fortified cereal products
Vitamin D	Fortified milk & eggs
Vitamin E	Milk, eggs, meat, vegetable oil, fish, cereals

Suggested Readings:

Dairy Council of California (1990). *Pregnancy: A special time for nutrition and good health*. Sacramento, CA: Author.

March of Dimes (1994). *Folic Acid*. White Plains, NY: Author.

March of Dimes (1994). *How your baby grows*. White Plains, NY: Author.

March of Dimes (1992). *Eating for two: Nutrition during pregnancy information sheet*. White Plains, NY: Author.

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Institute of Medicine (1990). *Nutrition during pregnancy*. Washington, DC: National Academy Press.

King, J., Bronstein, M., Fitch, W., and Weininger, J. (1987). Nutrient utilization during pregnancy. *World Review of Nutrition and Dietetics*, 52, 71-142.

Wekselman, Kathryn. (1995) Now you're really eating for two. *Child Birth Planner (1995 Edition)*, 18-19.

Worthington-Roberts, B., and Rees, J. (1989). Nutritional needs of the pregnant adolescent. In B. Worthington-Roberts and S. Williams (Eds.). *Pregnancy and lactation* (pp. 209-243). St. Louis: Times Mirror/Mosby Pub. Co.



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County Extension Center:***



Prepared by:

Donna-Jean Hunt, M.S., R.D./L.D., EFNEP
Nutritionist

Emily Joyce, M.S., R.D./L.D., Nutrition
Education Programs Nutritionist

Beth Ann Fulgenzi, editor and graphic designer

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