

Vitamins and minerals help our bodies to work and develop properly. Collecting the proper vitamins and minerals during pregnancy is very important for your growing baby. Throughout your pregnancy, you will provide your growing baby with everything he will need to grow and develop. Remember that our bodies use these vitamins and minerals best when they come from natural food sources, so whenever possible, try to eat foods rather than taking a supplement or pill. Wishing you a happy pregnancy and a healthy baby!

Vitamin <i>Recommended Daily Allowance</i>	Vitamin good for ...	Helpful to supplement with ...	If able, avoid taking with ... <i>wait a few hours before taking or eating these</i>	Foods containing the vitamin
Vitamin A <i>Pregnant: 5000 IU Non-Pregnant: 4000 IU</i>	healthy eyes, skin, body cell development, bones, teeth, and can help keep you free from diseases	zinc vitamin B complex vitamin D <i>eat with fat</i>	antibiotics, laxatives cholesterol-lowering drugs, alcohol, thyroid hormone	butterfat, egg yolks, liver (organ meats), seafood, fish liver oils, colorful fruits and veggies (orange, yellow, red, dark green) such as: apricots, cantaloupe, carrots, nectarines, papaya, peaches, pumpkin, sweet potato or yam, cherries, watermelon, winter squash
Vitamin B6 <i>Pregnant: 2.6 mg Non-Pregnant: 2.0 mg</i>	regulates hormone balance, helps with nausea, leg cramps, depression, carpal tunnel, immune defense, metabolism, proper use and distribution of nutrients	vitamin B complex vitamin C	cortisone, birth control pills, estrogen	raw milk, potato skin, beans, seeds, avocado, fish, nuts, whole grains, brown rice, molasses, bananas, organ meats
Vitamin B12 <i>Pregnant: 4.0 mcg Non-Pregnant: 3.0 mcg</i>	nervous system, growth and development, cell formation, prevents anemia.	vitamin B complex vitamin C iron <i>B12 naturally exists in animal sources only</i>	birth control pills	seafood, meat, raw dairy, yogurt, organ meats
Vitamin C <i>Pregnant: 80 mg Non-Pregnant: 60 mg</i>	helps to prevent varicosities, hemorrhage, heals wounds, healthy tissue growth and repair, strengthens immune system, and blood vessels	vitamin E calcium magnesium	heat, alcohol, birth control pills, aspirin, smoking, seasonal allergy medicine, baking soda, estrogen	animal organs, cabbage, cauliflower, cantaloupe, pink grapefruit, lemon, limes, orange, papaya, green/red peppers, potato skins, strawberries, tangerines, tomatoes
Vitamin D <i>Pregnant: 400 IU Non-Pregnant: 200 IU</i>	strong bones, good teeth, good growth, nervous system, heart.	vitamin A calcium <i>eat with fat</i>	alcohol, birth control pills, corticosteroids	butterfat, eggs, liver, organ meat, seafood
Vitamin E <i>Pregnant: 10 IU Non-Pregnant: 8 IU</i>	circulation, tissue repair healing, cell protection and, cell division, prevents blood clots, hemorrhage prevention.	vitamin A vitamin B complex <i>eat with fat</i>	antibiotics, birth control pills	butter, organ meats, nuts, seeds, beans vegetable oils, dark green leafy veggies

- **Minerals on other side**

Mineral <i>Recommended Dailey Allowance</i>	Mineral good for ...	Helpful to supplement with ...	If able, avoid taking with ...	Foods containing the mineral
Calcium <i>Pregnant: 1200 mg Non-Pregnant: 800 mg</i>	milk production, strong bones and teeth, heart and nervous system, muscle growth and activity	vitamin A vitamin C vitamin D	iron, zinc, sugar, thyroid hormone, aspirin	eggs, dairy products, nuts, bok choy, brewers yeast, broccoli, seaweed, molasses, shellfish, olives, soy, green leafy vegetables, salmon
Folic Acid <i>Pregnant: 1-2 mg Non-Pregnant: 400 mcg</i>	prevents miscarriage, birth defects, brain development, strengthens chromosomes growth and division of body cells, red blood cell formation	vitamin B complex, vitamin B12 vitamin C	alcohol, anticonvulsants, birth control pills	organ meats, beans, lentils, green veggies wheat germ, eggs, whole grains
Iron <i>Pregnant: 18+ mg Non-Pregnant: 10 mg</i>	healthy blood, growth, protein metabolism, proper use and distribution of nutrients	vitamin B12 vitamin C calcium folic acid <i>animal sources are better absorbed than vegetable sources</i>	calcium, antacids, vitamin E, aspirin	eggs, seafood, liver, meat, brewers yeast, prunes seaweed, molasses, pumpkin seeds, tofu, organ meats, dark green leafy veggies, dried fruits (raisins, apricots, black mission figs, prunes, currants and cherries)
Zinc <i>Pregnant: 25 mg Non-Pregnant: 15 mg</i>	immune defense, hormone production, healing, reproduction, healthy tissue, preventing diabetes, prevention of birth defects mental development	vitamin A vitamin B6 vitamin E calcium copper phosphorus	birth control pills alcohol, diuretics, corticosteroid drugs	red meats, oysters, fish, nuts, seeds, ginger, eggs, chicken, turkey

Resources

Schmid, R. (1997). *Traditional Foods Are Your Best Medicine*. Rochester, VT: Healing Arts Press

Fallon, N. (2001). *Nourishing Transitions*. Washington, DC: NewTrends

Frye, A. (2008). *Holistic Midwifery*. Portland, OR: Labrys Press