

Essential Nutrients

Pregnancy requires a focus on specific nutrients to support both the growing baby and the changing body of the mother. Here's a breakdown of some of the most important nutrients for pregnant women:

- **Folic Acid:** This B-vitamin is vital for preventing neural tube defects in the early stages of fetal development. Foods rich in folic acid include leafy greens, citrus fruits, beans, and fortified cereals.



- **Iron:** Your body needs more iron to produce extra blood for you and your baby. It helps prevent anemia and supports fetal growth. Add foods like lean meats, spinach, beans, and lentils to your diet.

- **Calcium:** Essential for your baby's bone development. Dairy products, almonds, and leafy greens are great sources.



- **Omega-3 Fatty Acids:** Crucial for brain development. Incorporate fatty fish like salmon, walnuts, and flaxseeds into your meals.
- **Fiber:** Helps prevent constipation, a common pregnancy issue. Focus on whole grains, fruits, and vegetables.



Nutrient Guide: Visit our detailed guide for a list of recommended foods.