



Your Daily Nutrient Intake

This chart compares what you should be eating each day before you become pregnant, during pregnancy and during lactation. By eating a balanced diet, most of your daily nutrient needs can be met. While prenatal vitamins aid in providing nutrients during pregnancy, talk with your doctor about supplements after birth and when you're no longer breast-feeding. Nutrients are measured by grams, milligrams (mg) and micrograms (mcg).

Nutrient	Nonpregnant	Pregnant	Lactating	Source	Function
Calories	2,000	2,300	2,500		
Protein (grams)	44	60	65	milk, cheese, yogurt, eggs, legumes (including soy flour, tofu and soy milk), nuts and seeds, cereals, whole-grain bread, wheat germ	allows growth and repair of body cells, formation of blood and bones; helps protect against infection
Vitamin A (mcg)	800	800	1,300	egg yolk, dairy products, fortified margarine, carrots, apricots, oranges, tomatoes, yellow and orange melons, peaches, mangoes, all green and some yellow vegetables	ensures healthy eyes, skin, lungs, throat, hair and nails; increases resistance to infections; aids in healing
Vitamin D (mcg)	10	10	10	butter, margarine, cottage cheese, yogurt, milk, evaporated milk, hard cheese, eggs, sunlight on skin	aids the absorption of calcium for bones and teeth
Vitamin E (mg)	8	10	12	whole-grain cereals, wheat germ, nuts, seeds, green leafy vegetables, legumes, cold-pressed vegetable oils	improves overall vitality and is important for proper function of the heart and cell structures
Vitamin C (mg)	60	70	95	oranges, grapefruit, strawberries, tomatoes, green leafy vegetables, potatoes, bean sprouts, red peppers	increases resistance to infections; helps in the healing process; promotes normal growth
Folic Acid (mcg)	400	400	280	wheat germ, brewer's yeast, yeast extract, dark green leafy vegetables, raw peanuts and walnuts, raw cauliflower, mushrooms, tomatoes, oranges, potatoes, most fruits and vegetables, cow's milk, eggs	works with Vitamin B12 in cell division; this is vital during pregnancy
Niacin (mg)	15	17	20	fortified breakfast cereals, wheat germ, whole-grain bread, milk and milk products, brewer's yeast, yeast extract, peanuts, almonds, leafy vegetables, mushrooms, avocado, dried fruit (especially figs), apricots, prunes and peaches, legumes	important in the production of antibodies, development of the brain and proper metabolism of starches and sugars
Riboflavin (B2) (mg)	1.3	1.6	1.8	fortified breakfast cereals, brewer's yeast, yeast extract, almonds, wheat germ, dairy products, dark green leafy vegetables, mushrooms, potatoes, dried fruit, avocado	proper metabolism of starches and sugars; production of antibodies; development of the brain
Thiamin (B1) (mg)	1.1	1.5	1.6	whole-grain bread, wheat germ, fortified breakfast cereals, brewer's yeast, yeast extract, peanuts, brazil nuts, legumes, soy flour, oranges, dried egg yolk, dairy products	important in the release of energy from sugars and starches and for the health of muscles, nerves, eyes, hair, skin and blood
Vitamin B6 (mg)	1.6	2.2	2.1	brewer's yeast, yeast extracts, whole-grain bread, wheat germ, soy flour, walnuts, peanuts, legumes, eggs, milk, corn, sprouts, bananas	important in the body's use of protein and the production of hemoglobin
Vitamin B12 (mcg)	2.0	2.2	2.1	dairy products, fortified foods, yeast extract	similar to vitamins B1 and B2 and niacin; important in production of bone marrow
Calcium and Phosphorus (mg)	800	1,200	1,200	milk, cheese, yogurt, legumes, sesame seeds, blackstrap molasses, sunflower seeds, almonds, green leafy vegetables (especially broccoli and spinach), carob, soy flour, tofu, dried fruit (especially figs), brewer's yeast	helps maintain bone and teeth health; is important in blood clotting and the functions of the heart and skin
Iodine (mcg)	150	175	200	seaweed, vegetarian jelling agents, soybeans, iodized salt, garlic, green vegetables	important in the functioning of the thyroid gland
Iron (mg)	15	30	15	red meat, fish, poultry, leafy green vegetables, grains, fruits	necessary in maintaining healthy blood
Magnesium (mg)	280	320	355	whole grains, wheat germ, nuts (especially almonds, cashews, brazil nuts), legumes, soy flour, tofu, soy milk, brewer's yeast, fruit (especially bananas), vegetables (especially potatoes and leafy greens)	important in the release of energy from carbohydrates and in the healthy formation of bones and teeth
Zinc (mg)	12	15	19	nuts, pumpkin seeds, dairy products, eggs, brewer's yeast, legumes, peas, asparagus, spinach, cauliflower, mangoes, mushrooms, whole-grain breads, whole-grain cereals	important in normal growth and healing