

BABY BUILDING NUTRIENTS

PREGNANCY NUTRITION

MAIYA AHLUWALIA, RD
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1 FOLATE

B vitamin that helps your baby's spine, brain, and skull develop. Getting enough folate before and throughout pregnancy can help lower the risks of neural tube defects.

2 CALCIUM

Needed to build strong bones and teeth for your baby. It also helps the heart, nerves, and muscles to grow!

3 CARBOHYDRATES

Provide sufficient glucose to fuel the maternal and fetal brains and are also passed easily through the placenta to nourish the baby.

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4 VITAMIN D

Needed to ensure efficient calcium absorption, and is essential for bone health and immune function.

5 OMEGA-3 FATS

These nutrients are essential in promoting optimal brain development and vision. DHA is especially important for your baby's brain, nerves, and eyes. Adequate omega-3 fat consumption may also improve birth outcomes for the infant and mother.

6 PROTEIN

During pregnancy, the placenta develops and grows, and a single cell develops into a fully formed infant. Protein is essential for the formation and growth of all these new cells!

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7

IRON

Needed to help the baby build new red blood cells and carry oxygen. Maternal iron intake also helps the baby store iron they need for when they are born.



9

CHOLINE

Important for the development of your baby's brain and nerves and helps to prevent developmental abnormalities of the brain and spine.



8

VITAMIN C

Important for bone and connective tissue formation because it is needed for the synthesis of collagen. Vitamin C also helps your body absorb and use the iron in vegetables, grain products, and beans and lentils.

