

NUTRIENTS & VITAMINS

While a balanced diet is the foundation of a healthy pregnancy, **supplements can be important** to support **your health** and the **baby's development**.

If you are concerned about getting all the nutrients you need, **speak with your doctor!** They can discuss the best supplements for you. You can get most minerals and vitamins through your diet. **Supplements may be recommended beyond a pregnant person's prenatal vitamin.**

You can find supplements over-the-counter at most pharmacies.

Please see our handouts "**Nutrition**", "**Prenatal Vitamins**", "**Folate (Folic Acid) Supplements**", and "**You Have Iron Deficiency (And You're Pregnant)**" for more information.

OTHER TYPES OF SUPPLEMENTS



Calcium is important for building strong bones and teeth. It can be found in dairy products, like milk, cheese, and yogurt, as well as leafy green vegetables.

Daily recommended amount: 1300 mg for ages 14-18, 1000 mg for ages 19-50



Choline is important for healthy brain and spinal cord development. It is found in milk, eggs, peanuts, and soy.

Daily recommended amount: 450 mg



Vitamin A helps with healthy skin and eyes. It can be found in carrots, leafy green vegetables, and sweet potatoes.

Daily recommended amount: 750 µg for ages 14-18; 770 µg for ages 19-50. **Do not take extra Vitamin A in pregnancy. Excess amounts can be linked to birth defects.**



Vitamin C is important for teeth and bone development. It can be found in citrus fruits (lemons and oranges), strawberries, tomatoes, and broccoli.

Daily recommended amount: 80 mg for ages 14-18, 85 mg for ages 19-50



Iodine is involved in healthy brain development. It is mainly found in iodized table salt, dairy products, seafood, and eggs.

Daily recommended amount: 220 µg



Omega-3 fatty acids are involved in brain development. They can be found in fish, shellfish, flaxseed, and broccoli.

Daily recommended amount: 200mg of DHA for pregnant people



Vitamin D builds strong bones and teeth. It can be found in milk, fatty fish (cooked salmon and sardines), and cooked egg yolks.

Daily recommended amount: 2000 IU per day for pregnant people



Vitamin B, including vitamin B1, B2, B6, B9 (folate), and B12, gives you energy and develops the placenta. It is found in fish, chicken, eggs, beans, and whole-grain cereals and grains.

Daily recommended amount:

B6: 1.9 mg; B9: 600 µg; B12: 2.6 µg

References

Hamilton Health Sciences. Omega 3 fats when you are pregnant [Internet]. Hamilton Health Sciences. 2012. Available from: <https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/08/Omega3FatsPregnancy-trh.pdf>

The American College of Obstetricians and Gynecologists. Nutrition During Pregnancy [Internet]. American College of Obstetricians and Gynecologists. 2023. Available from: <https://www.acog.org/womens-health/faqs/nutrition-during-pregnancy>

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