



PRENATAL VITAMINS

Prenatal vitamins are supplements that contain daily vitamins and minerals for pregnant women or women trying to get pregnant. They have important nutrients needed during pregnancy for the development of your baby compared to regular supplements.

What to Look for When Choosing a Prenatal Vitamin

- Make sure the label has the Recommended Daily Amount (RDA) of vitamins and minerals for pregnancy.
- Unlike prescription and over-the-counter drugs, dietary and nutritional supplements are not regulated by the government. For this reason, it is important to check if the prenatal vitamin is third party tested. Third party testing agencies are outside organizations that test all ingredients found in the supplement to ensure the accuracy of the product. You can tell if a prenatal vitamin is third party tested if it has one of these logos on the label.



Struggling to Take Your Prenatal Vitamin?

- Take them with a small snack that's easy to eat such as a smoothie, pudding, or applesauce.
- Pair it with fruit juice like orange, apple, or cranberry.
- Cut the pill in half to split the dose. Take half in the morning and the other half later in the day.
- Focus on getting your RDA of vitamins and minerals through food sources.
- Talk to your doctor for additional recommendations.

Forgetting to Take Your Prenatal Vitamin?

- Try to take your vitamins at the same time every day.
- Take your vitamins before a task, like brushing your teeth.
- Set an alarm or reminder on your cell phone.
- Try to take your vitamins with a meal.

Nutrient	RDA	Role Nutrient Plays	Food Sources
Folic Acid	600 mcg	Helps the growth and development of your cells. Taking it early in pregnancy can help prevent birth defects of the brain and spine called neural tube defects (NTDs).	<ul style="list-style-type: none"> - Dark green leafy vegetables (spinach, turnip greens, romaine lettuce) - Asparagus, brussel sprouts, broccoli - Beans - Peanuts, sunflower seeds - Whole grain - Eggs
Iron	27 mg	Helps make hemoglobin (a protein that helps carry oxygen from your lungs to the rest of your body). Your body needs this iron to make more blood so it can carry oxygen to your baby.	<ul style="list-style-type: none"> - Lean meat, poultry, and seafood - Iron fortified cereal, bread, and pasta* - Leafy green vegetables - Beans, nuts, raisins, and dried fruit
Calcium	1000 mg	Helps your baby's bones, teeth, heart, muscles, and nerves develop.	<ul style="list-style-type: none"> - Milk, cheese, and yogurt - Broccoli and kale
Vitamin D	600 IU	Helps your body absorb calcium. Also helps your body's nerves, muscles, and immune system work.	<ul style="list-style-type: none"> - Fatty fish, like salmon - Vitamin D fortified milk and cereal*
DHA	200 mg OR 8-12oz servings of low-mercury fish per week	Helps your baby's brain & eyes develop.	<ul style="list-style-type: none"> - Herring, salmon, trout, anchovies, halibut, catfish, shrimp, and tilapia - DHA fortified orange juice, milk, and eggs*
Iodine	220 mcg	Helps your baby's nervous system develop. The nervous system (brain, spinal cord, and nerves) helps your baby move, think and feel.	<ul style="list-style-type: none"> - Fish - Milk, cheese, and yogurt - Enriched or fortified cereal and bread* - Iodized salt (salt with iodine added to it)*
Choline	450 mg	Helps regulate early brain development. Important for memory, mood, muscle control, and other brain and nervous system functions.	<ul style="list-style-type: none"> - Beef - Eggs - Soybeans - Chicken breast

*Check the package label