

SUPER FOODS

WHERE'S THE NUTRIENTS?

Avg. Daily Nutrients	Richest Food Source	Why you and Baby NEED it
Vitamin D 1,000 IU	Salmon- 6 ounces 1000 IU Milk- 1 cup 100 IU Egg- 1 23 IU * also found in sunshine	Boost Immune system Uterine muscle strength Bone development
Vitamin C 200 Milligrams	Bell pepper 1 cup 175mg Strawberries 1 cup 84 mg Broccoli 1 cup 82 mg Papaya 1 180 mg	Immune Strength Protection for growing tissues
Zinc 11 Milligrams	Beef/Turkey 4 ounce 5mg Spinach 2 cups 3mg Alaskan King Crab 3ounce 6mg	Boosts Immune System
Iodine 220 Micrograms	Salmon 6ounce 100mcg Nori 100 mcg per serving Yogurt 1 cup 80mcg Egg 1 24mcg Salt ½ teaspoon 75 mcg	Optimal Thyroid function
Protein 100 Grams	Salmon 6 ounces 43g Greek yogurt 1cup 23g Black Beans ½ cup 75g Egg 1 6g Chicken Breast 1 cup 43g	Growth of extra tissue for mom and baby
Choline 450 milligrams	Salmon 6ounces 191 mg Egg Yolk 1 125 mg Soy Beans ½ cup 100mg Broccoli 1 cup 62 mg	Baby's Brain Development
Vitamin B12 2.6 micrograms	Salmon 3 ounces 4mcg Lean Beef 3 ounces 2 mcg Yogurt 1 cup 1.4 mcg Milk 1 cup 1 mcg Egg 1 0.5 mcg	Brain Development
Calcium 1,400- 1,600 milligrams	Yogurt 1 cup 400mg Low fat milk 1cup 300mg Cheese 1ounce 200 mg Tofu ½ cup 100 mg	Strong bones Baby steals calcium from moms bones and teeth
Iron 30 milligrams	Blackstrap molasses 1TB 5mg Cereal (whole Grain) 1 serving 4-8mg Tofu ½ cup 4-7 mg	Red blood Cell Volume for mom and baby Reduces fatigue
Folate / Folic Acid 600- 800 Micrograms	Spinach 1cup 260mcg Whole wheat bread 1 slice 250mcg Lentils ½ cup 200mcg Asparagus ½ cup 134mcg Edamame ½ cup 100mcg	Spinal Cord development Lowers risk of premature labor Lowers risk of behavioral issues
Omega-3s 1000 milligrams	Salmon 6ounces 2,000mg Chia seeds 1 ounce 5,060mg Walnuts 14 halves 2570mg Flax Seeds 1 Tablespoon 2,350mg	Baby Brain Development Mood Stabilizer Vision acuity Immunity regulator