TARGET: GETTING SUFFICIENT NUTRIENTS DURING PREGNANCY

GOOD FOR MUM
GOOD FOR BABY

#bright4mum

GOOD NUTRITION DURING PREGNANCY

Ensure you include food that provide vitamin B12 in your diet every day.

DHA & ARA
DHA: Fatty fish
ARA: Meat, chicken, eggs

Vitamin B12
Meat, dairy products, fish & eggs

Iron
Meat, liver, chicken, fish, eggs, spinach, supplementation

Calcium
Milk, dairy products, meat & spinach

Choline
Eggs, meat, fish

Folate
Fortified maize, dried beans, lentils, cooked spinach & broccoli, supplementation

Iron
Iodised salt & fish

Iodine
Iodised salt & fish

DHA & ARA
Important for baby’s growth & development especially the brain.
Protects against pre-eclampsia.

Calcium
Helps build baby’s bones & teeth.
Protects mum against pre-eclampsia.

Choline
Important for developing brain & neural tubes.

Vitamin B12
Many important functions in development.

Iron
Many important functions in development.

Folate
Essential for baby’s healthy nervous system.

Iodine
Essential for baby’s healthy brain development.

DHA & ARA
Essential for baby’s healthy nervous system.

Calcium
Protects against preeclampsia.

Ensure food is safely prepared & stored.

Drink 6-8 glasses of clean, safe water every day.

Keep exercising.

Get enough sleep.

Protect against malaria.

Restrict caffeine intake - coffee, tea, energy drinks and even some medicines.

Do not drink alcohol.

Do not smoke.

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For a full list of references visit http://www.qualityforlife.com/en_ZA/Bright4Africa.html