

# CRITICAL NUTRIENTS

## FOR PREGNANCY, INFANCY & EARLY CHILDHOOD



### PROTEIN

builds and repairs tissues, including muscle, and helps maintain pH and fluid balance.



MILK



YOGURT



CHEESE



CHICKEN



BEEF



LEGUMES



SOY



EGGS

### CALCIUM

makes up the structure of bones and teeth and mediates blood vessel contraction and dilation, muscle function, blood clotting, nerve impulse transmission and hormonal secretion.



MILK



YOGURT



CHEESE



BOK CHOY



BROCCOLI



SALMON



SPINACH



SOY BEANS

### ZINC

is involved in cellular metabolism, enhancing immune function, protein and DNA synthesis and wound healing.



MILK



YOGURT



CHEESE



LENTILS



OATMEAL



PUMPKIN SEEDS



PORK

### IRON

a component of hemoglobin in blood, helps transfer oxygen from the lungs to the tissues, supports muscle function, and is necessary for growth and neurological development.



CASHEWS



BEANS



CHICKPEAS



TOFU



BEEF



LENTILS



SPINACH



FORTIFIED CEREAL

### CHOLINE

plays important roles in modulating gene expression and early brain development.



MILK



YOGURT



EGG YOLKS



COD



RED POTATOES



GROUND BEEF



CHICKEN



SOY BEANS

### FOLATE

is important in red blood cell formation and healthy cell growth and function. It is crucial during early pregnancy to reduce the risk of congenital conditions of the brain and spine such as spina bifida.



CITRUS



BLACK-EYED PEAS



AVOCADO



WHOLE GRAINS



BROCCOLI



SPINACH



FORTIFIED CEREAL

# CRITICAL NUTRIENTS

## FOR PREGNANCY, INFANCY & EARLY CHILDHOOD



### IODINE

is an essential component of thyroid hormones, which regulate protein synthesis, metabolism and proper skeletal and cognitive development in fetuses and infants.



MILK



YOGURT



CHEESE



COD



IODIZED SALT



SEAWEED



COOKED PASTA



EGGS

### VITAMIN A

plays a critical role in the formation and maintenance of epithelial surfaces across the body, including the heart, lungs and eyes, and it helps support immune function.



MILK



RICOTTA CHEESE



RED BELL PEPPER



SWEET POTATO



MANGO



CARROTS



CANTALOUPE



EGGS

### VITAMIN D

promotes calcium absorption in the gut and supports proper bone growth and neuromuscular and immune function. It also helps with glucose metabolism.



MILK



FORTIFIED CEREAL



MUSHROOMS



TUNA



SALMON



SARDINES



EGG YOLKS

### VITAMIN B6

is involved in more than 100 enzyme reactions. It also plays a role in cognitive development through the biosynthesis of neurotransmitters.



COTTAGE CHEESE



BANANAS



CHICKPEAS



POTATOES



MARINARA SAUCE



BEEF LIVER



SALMON



CHICKEN

### VITAMIN B12

is required for the development and function of the central nervous system, as well as healthy red blood cell formation.



MILK



YOGURT



CHEESE



KEFIR



PORK



POULTRY



EGG YOLKS



BEEF

### OMEGA-3 FATTY ACIDS

specifically eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), play an important role in cell membrane structure. DHA is present in the retina and brain.



SALMON



SARDINES



PACIFIC MACKEREL



POLLOCK



TROUT



SPINACH



PUMPKIN SEEDS



EGGS