

KEY NUTRIENTS to Include in Your Diet During PREGNANCY

There are many nutrients that are vital during pregnancy. The chart below lists five key nutrients essential during pregnancy and the recommended daily intake during pregnancy. These main nutrient goals are targeted in the meal plan.

NUTRIENT	NEEDS DURING PREGNANCY PER DAY	FOOD EXAMPLES AND AMOUNTS
FOLATE/ FOLIC ACID 	>400 micrograms (mcg)	<ul style="list-style-type: none"> 1 cup of cooked lentils=358 mcg 1 cup avocado=205 mcg 1 cup strawberries=36.5 mcg 1 oz dried seaweed=162 mcg 1 cup chopped onions=30.4 mcg 1 cup raw spinach=58.2 mcg 1 cup blackberries=36 mcg 1 medium yellow squash=56.8 mcg 1 cup bell peppers=68.5 mcg 1 cup chopped asparagus=69.7 mcg 1 cup quinoa=77.7 mcg 1 cup old fashioned rolled oats=87.4 mcg 1 cup cauliflower=57 mcg 1 cup broccoli=57.3 mcg 8 oz of hummus=204 mcg