

Critical Nutrients

FOR PREGNANCY, INFANCY AND EARLY CHILDHOOD

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



Cheese



Yogurt

Beef



Fish



Soy



Legumes

Eggs



Chicken



Milk



Beans

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



Sardines



Canned Salmon

Spinach



Soybeans



Yogurt



Cheese

Bok Choy



Broccoli



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

Beef



Crab



Oatmeal



Shrimp



Milk



Yogurt



Lentils



Cheese



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.



Fortified Cereal



Lentils

Beef



Tofu



Cashews



Oysters (cooked)



Organ Meats



Beans



Spinach



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

Beef Liver



Egg Yolks



Chicken



Milk



Yogurt



Ground Beef



Red Potato



Cod



Soybeans



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.

Spinach



Fortified Cereal

Avocado



Whole Grains

Citrus



Broccoli



Black-eyed Peas

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



Seaweed



Iodized Table Salt

Yogurt



Cod



Milk



Oysters (cooked)



Cheese



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.

Sweet Potato



Mangos



Ricotta Cheese



Cantaloupe



Carrots



Red Bell Peppers



Spinach



Milk



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



Mushrooms



Salmon

Sardines



Tuna



Fortified Cereal

Milk



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.

Potatoes



Chickpeas

Turkey



Cottage Cheese

Bananas



Beef Liver



Chicken



Salmon



VITAMIN B12 is required for the development and function of the central nervous system, as well as healthy red blood cell formation.



Seafood



Kefir

Poultry



Milk



Yogurt



Egg Yolks



Beef



Fortified Cereal



Cheese



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.



Trout



Mackerel

Sardines



Salmon

Herring

