

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.



Bok Choy



Broccoli



Cheese

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



Lentils



Pumpkin Seeds



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.



Oysters (cooked)



Organ Meats



Beans



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



Ground Beef



Red Potato



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.



Black-eyed Peas



Citrus



Broccoli

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

Eggs



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



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



Chicken



Salmon



Bananas



Beef
Liver



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



Trout

Mackerel



Mackerel

Sardines



Salmon



Herring

