



# RISING SUN MIDWIFERY

## Good Food Sources for Your Growing Baby

The following list of suggestions is important for your baby's growth while you are pregnant. If you are not getting these nutrients in your diet regularly, it is important to incorporate them and other nutrient-dense, healthy foods. I recommend organic foods when possible, especially dairy, meat and fruits. Pregnant women need 1,500-2,000 calories a day and lactating mothers need 500 calories more and calcium levels around 1200mg.

Nutrient	Daily Amount	Types of food highest in nutrient	Reason for increased need
Protein	80-100gm	Meats, fish, eggs, beans/rice, soy	Fetal/placental growth, blood volume increase, amniotic fluid
Vitamin A	5000IU beta-carotene	Kale, carrots, sweet potatoes, butternut squash, lambs quarters, cantaloupe, seaweed	Cell division, tissue growth, tooth division, bone growth
Vitamin E	10IU	Wheat germ oil, flax oil, almonds	Tissue growth, red blood cell strength
Vitamin C	400-800mcg	Citrus fruits, red peppers, tomatoes, strawberries, broccoli, greens, alfalfa sprouts	Tissue formation, mineral absorption
Folic Acid	400-800mcg	Garbanzo beans, soy, salmon, sweet potatoes, avocados, brown rice, dark green leafy veggies, asparagus, whole grains, eggs	Healthy fetus & red blood cell formation
Niacin	15 mg	Tofu, cottage cheese, poultry, fish, rice bran, peas, collard greens, beans	Energy, protein metabolism, healthy skin & digestive system
Riboflavin	1.5mg	Cottage cheese, yogurt, collard greens, broccoli	Energy, protein metabolism, healthy skin & digestive system
Thiamine	1.4mg	Pinto beans, soy, millet, rice bran, whole wheat flour	Energy, protein metabolism, healthy skin & digestive system
B6	2.6 mg	Brown rice, soy, meats, kale, spinach, banana, beans	Fetal growth, metabolism
B12	4.0 mcg	Cottage cheese, milk, fish, poultry, eggs, meats, spirulina, seaweeds	Cell/protein formation, red blood cell formation
Calcium	1000-1200mg	Dark green leafy veggies, yogurt, dairy, broccoli, sesame, seaweeds, eggs, blue green algae	Maternal calcium needs & nervous system balance (helps with leg cramps/sore muscles), fetal bone formation
Iron	18mg	Prune juice, black beans, dried peaches/apricots, meats, egg, fish, poultry, beets, greens, blackstrap molasses	Increased red blood cell volume, fetal iron storage, prevention of blood loss postpartum
Iodine	175mcg	Seaweeds	Metabolism, thyroid health
Magnesium	450mg	Black eyed peas, black beans, soy, buckwheat, beets, avocados, cashews, corn meal, wheat berries, chard, collards, spinach, seaweed	Tissue growth, muscle development, helps utilize calcium & protein
Phosphorus	1200mg	Fish poultry eggs, beans, dairy, nuts, whole grains	Bone and teeth formation, muscle contractibility, carb & protein use
Potassium	1200mg	Butternut squash, lima beans, lentils, banana, black beans, spinach, chard, potatoes, raisins	Helps heart muscles, nervous system & kidneys
Zinc	25mg	Brown rice, oats, wheat bran, wheat germ, corn meal, pumpkin seeds, sunflower seeds, mushrooms, eggs	Tissue growth

**Mineralizing Drink:** In a quart jar mix a teaspoon of blackstrap molasses, squeeze the juice of ¼ of a fresh lime or lemon, and a small pinch of sea salt. Fill the jar with clean, unchlorinated water. It tastes a bit like weak iced tea – the ingredients can be flexibly increased or decreased for taste, or add honey if you wish. Making it in a jar allows you to put on the lid and shake vigorously if the molasses doesn't blend into the solution right away. Drink this daily as you like. It is an excellent electrolyte drink for balancing minerals, relieving nausea, or as a mid-afternoon pick-me-up.