

## Intake Recommendations for Selected Nutrients During Pregnancy

Nutrient	Recommended intake during pregnancy	Change from non-pregnancy recommendations?	Comments
Energy	<ul style="list-style-type: none"> <li>1<sup>st</sup> trimester - no increase</li> <li>2<sup>nd</sup> trimester - additional 340 kcal per day</li> <li>3<sup>rd</sup> trimester - additional 452 kcal per day</li> </ul>	Increased during 2 <sup>nd</sup> and 3 <sup>rd</sup> trimesters	<p>Example: The energy requirement for a 25-year old woman who weighs 50 kg, is 165 cm tall, and is moderately active is estimated to be 2000 kcal. Her energy needs during pregnancy are estimated to be:</p> <ul style="list-style-type: none"> <li>1<sup>st</sup> trimester: <math>2000 + 0 = 2000</math></li> <li>2<sup>nd</sup> trimester: <math>2000 + 340 = 2340</math></li> <li>3<sup>rd</sup> trimester: <math>2000 + 452 = 2452</math></li> </ul>
Protein	All age groups: 1.1 g protein per kilogram per day or + 25	Increased by 0.27 g per kg body weight	<p>Example: The protein requirement for a 25-year old woman who weighs 50 kilograms, is estimated to be 55-65 grams per day:</p> <ul style="list-style-type: none"> <li><math>1.1 \times 50 = 55</math></li> <li><math>(0.8 \times 50) + 25 = 65</math></li> </ul>
Carbohydrate	All age groups: 175 g per day	Increased slightly	Fiber recommendation is not changed during pregnancy (28 g per day)
Calcium	<ul style="list-style-type: none"> <li>14-18 years – 1300 mg per day</li> <li>19-30 years – 1000 mg per day</li> <li>31-50 years – 1000 mg per day</li> </ul>	No change	<p>Food sources:</p> <ul style="list-style-type: none"> <li>milk, milk products</li> <li>legumes, nuts, dried fruits</li> <li>dark leafy green vegetables – kale, cabbage, collards, turnip greens</li> <li>spinach, chard, beet greens – bound with oxalic acid, making the calcium unavailable</li> </ul>

<b>Nutrient</b>	<b>Recommended intake during pregnancy</b>	<b>Change from non-pregnancy recommendations?</b>	<b>Comments</b>
Magnesium	<ul style="list-style-type: none"> <li>• 14-18 years – 400 mg per day</li> <li>• 19-30 years – 350 mg per day</li> <li>• 31-50 years – 360 mg per day</li> </ul>	Increased	Food sources: tofu, wheat germ, nuts, halibut, swiss chard, spinach, potato with skin, dried beans
Iron	All age groups: 27 mg per day	Increased	Food sources: red meat, seafood, poultry, dried beans, blackstrap molasses
Vitamin A	<ul style="list-style-type: none"> <li>• 14-18 years – 750 µg RAE per day</li> <li>• 19-30 years – 770 µg RAE per day</li> <li>• 31-50 years – 360 µg RAE per day</li> </ul>	Increased slightly	Food sources: sweet potato, carrots, spinach, squash, mixed vegetables, apricots
Thiamin	All age groups: 1.4 mg per day	Increased	
Riboflavin	All age groups: 1.6 mg per day	Increased	
Folate	All age groups: 600 µg per day	Increased	Food sources: oranges, asparagus, beans, beets, broccoli, spinach, romaine lettuce, fortified breakfast cereals, beef liver
Vitamin B12	All age groups: 2.6 mg per day	Increased	