

PRENATAL VITAMINS

For Before and During Pregnancy



Talk with your healthcare provider about prenatal vitamins and foods that contain the following vitamins and minerals for a healthy pregnancy.

Folic Acid - The Superhero

- Prevents birth defects in baby's brain & spine.
- Aim for at least 400 mcg daily.

Iron - The Strength Builder

- Keeps your blood healthy.
- Helps avoid anemia, ensuring the baby gets enough oxygen.

Calcium - The Bone Guardian

- For strong bones & teeth for both mommy & baby.
- Do not forget about Vitamin D to help absorb calcium.

DHA - The Brain Booster

- Supports baby's brain & eye development.
- Find it in fish oil supplements or fortified foods.

Iodine - The Tiny But Mighty

- Essential for baby's thyroid and brain development.
- A pinch in your diet goes a long way.

Vitamin C - The Protector

- Enhances iron absorption.
- Keeps both mommy & baby's immune systems strong.

Zinc - The Growth Promoter

- Crucial for baby's cell growth and DNA production.

Choline - The Nerve Supporter

- Vital for baby's brain and spinal cord development.

For more information, visit:
everymothereverychild.org



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