

Vitamins & Minerals in Pregnancy

Name	Importance	Things that Reduce Benefits of Nutrient	Things that Promote Absorption	What To Eat
Vitamin A	Growth and repair of tissues; eye health; aids in digestion of proteins and building strong bones; aids enzymes that kill germs; helps bone and tooth formation; antioxidant;	Nitrates, fat substitutes, aspirin, laxatives, alcohol, antibiotics, medications that lower cholesterol; corticosteroids	Vitamins B, C, D, & E; unsaturated fatty acids; choline; zinc	Animal proteins and fats such as seafood and organ meats; eggs; butter; yellow fruits and vegetables; fish liver oils; dairy
Vitamin B6	Aids in formation of antibodies and enzyme functionality; helps maintain phosphorous/sodium balance in body	Estrogen; oral contraceptive; cortisone	Other B Vitamins; Vitamin C; magnesium; potassium; sodium; pantothenic acid	Animal meat; legumes; green leafy vegetables like spinach and kale; wheat germ; blackstrap molasses
Vitamin B12	Helps normal cell development; prevents anemia and some nervous system disorders; positively influences fertility	Oral contraceptives; Dilantin	Other B Vitamins; folic acid; calcium; iron; Vitamin C; choline; potassium	Primarily found in animal sources such as organ meats, fish, pork, cheese, milk, eggs; some fermented soy products
Vitamin C	Antioxidant; aids in tissue growth and fracture repair; promotes healthy adrenal functionality; maintains collagen and aids iron absorption; aids in lactation	Low blood sugar; alcohol; smoking; aspirin; oral contraception; antibiotics; cortisone; petroleum	Calcium; magnesium; bioflavonoids; most other vitamins and minerals	Oranges; lemons; limes; tomatoes; peppers; strawberries; broccoli; cantaloupe
Vitamin D	Aids calcium and phosphorous, which leads to stronger bones and teeth; maintains nervous system and heart functionality	Alcohol; oral contraception; Dilantin; corticosteroids	Vitamins A & C; unsaturated fatty acids; calcium; phosphorous; natural sunlight; choline	Seafood such as salmon, herrings, crab, shrimp, sardines; organ meats; eggs (specifically the yolk); dairy products that have been fortified with Vitamin D
Vitamin E	Promotes circulation and prevents clots; reduces risk of cancer; repairs damaged tissues for better healing; protects fat soluble vitamins	Antibiotics; inorganic iron; rancid fats/oils; chlorine; oral contraception; hypolipidemic drugs	Vitamins A, B, B1, & C; unsaturated fatty acids; selenium; manganese	Organ meats; eggs; butter; legumes; wheat germ; dark leafy vegetables; grains; seeds; cold-pressed oil like extra-virgin olive oil; sweet potatoes
Vitamin K	Essential for clotting of the blood (prevents hemorrhage); prevents bone density loss; aids in bone formation	Rancid fats and oils; radiation; anticoagulants; mineral oil; antibiotics	No info available	Egg yolk; butter; grains; fermented soy products; dark leafy vegetables; cabbage family vegetables; cauliflower
Calcium	Aids in creating and maintaining strong bones and teeth; supports the heart and nervous system; promotes muscle activity; reduces risk of pH imbalance in blood	Aspirin; corticosteroids; thyroid hormones	Vitamins A, C, & D; healthy potassium/calcium ratio; unsaturated fatty acids; iron; healthy magnesium/calcium ratio; boron; hydrochloric acid	Dairy; bone broth; leafy green vegetables; molasses; seaweed; sesame
Folic Acid/Folate	Reduces risk of cancers; protects fetus from neural tube deformities	Oral contraception; phenobarbital; alcohol; anticonvulsants	Other B Vitamins; biotin; Vitamin C; pantothenic acid	Dark leafy vegetables; oysters; salmon; milk; root vegetables; nutritional yeast; whole grains; liver; beef

Iodine	Promotes functionality of metabolism and thyroid; helps regulate sex hormones; great for mental development; prevents goiter	Raw or unfermented cabbage or spinach	Vitamin A, specifically from animal fat	Seafoods; kelp; iodized salt
Iron	Boosts immune system; aids in maintaining healthy blood; essential to enzymes; promotes growth	Vitamin E; aspirin; antacids; EDTA food preservative	Vitamin B12 & C; fat-soluble vitamins; hydrochloric acid; phosphorous; copper; calcium; folic acid; cobalt	Organ meat; fish; poultry; eggs; dried fruits; leafy green vegetables; molasses
Selenium	Promotes strong immune system; helps maintain healthy heart and pancreatic functionality; aids with tissue elasticity; antioxidant	no info available	Vitamin E	Tuna; herrings; whole grains; butter; Brazil nuts; nutritional yeast; wheat germ
Sodium	Supports muscle contraction and nerve transmission; aids in healthy pH balance and promotes healthy hydration level	Diuretics	Vitamin D	Seafood; dairy; seaweed; table salt; celery; meat broth; zucchini
Zinc	Helps regulate blood sugar; protects against birth defects; aids in digestion; supports wound healing	Oral contraception; alcohol; use of diuretics; corticosteroids; phytic acid	Vitamins A, B6, & E; calcium; copper; phosphorous	Red meat; fish; nuts; seeds; ginger; oysters; pumpkin seeds; soybeans; eggs; wheat germ; mushrooms

References

Fallon, S. (2001). *Nourishing traditions*. Washington, DC: New Trends Publishing, Inc.

Frye, A. (2010). *Holistic midwifery: A comprehensive textbook for midwives in homebirth practice* (Vol. 1). Portland, OR: Labrys Press.

Planck, N. (2006). *Real food, what to eat and why*. London: Bloomsbury.

Additional Resources:

<https://americanpregnancy.org/pregnancy-health/nutrients-vitamins-pregnancy/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/vitamins-minerals-supplements-pregnant/>