

# Healthy Pregnancy Nutrition

Weekly Guide & Key Nutrients

WEEK	KEY FOCUS	RECOMMENDED FOODS
<b>First Trimester: Development &amp; Foundation</b>		
Weeks 1-4	<b>Folic Acid</b> Neural tube support	Spinach, lentils, fortified cereals, asparagus, citrus fruits.
Weeks 5-8	<b>Vitamin B6</b> Nausea management	Bananas, ginger tea, whole grains, lean poultry, chickpeas.
Weeks 9-12	<b>Magnesium</b> Tissue repair	Almonds, pumpkin seeds, dark chocolate, avocados.
<b>Second Trimester: Growth &amp; Energy</b>		
Weeks 13-16	<b>Calcium</b> Bone development	Yogurt, sardines, kale, fortified tofu, cheese.
Weeks 17-20	<b>Iron</b> Blood volume increase	Red meat, beans, dried apricots, quinoa, Swiss chard.
Weeks 21-24	<b>Vitamin C</b> Iron absorption	Bell peppers, strawberries, tomatoes, broccoli, kiwi.

<b>WEEK</b>	<b>KEY FOCUS</b>	<b>RECOMMENDED FOODS</b>
Weeks 25-28	<b>DHA / Omega-3</b> Brain & eye health	Salmon (low mercury), walnuts, chia seeds, flaxseed oil.
<b>Third Trimester: Strength &amp; Preparation</b>		
Weeks 29-32	<b>Vitamin K</b> Blood clotting	Brussels sprouts, cabbage, spring onions, prunes.
Weeks 33-36	<b>Protein</b> Rapid growth	Eggs, Greek yogurt, chicken breast, cottage cheese.
Weeks 37-40	<b>Fiber</b> Digestion & comfort	Oats, raspberries, pears, brown rice, baked potatoes.

Consult with a healthcare provider before making significant dietary changes.