



# RECOMMENDED NUTRIENT INTAKES



FOR PRENATAL + POSTPARTUM MAMAS

NUTRIENT	NORMAL	PRENATAL	POST-PARTUM
PROTEIN	46 G	71 G	71 G
CARBS	130 G	175 G	210 G
FAT	20-25% OF CALS	20-35% OF CALS	20-35% OF CALS
DHA	110 MG	200 MG	300 MG
IRON	18-32 MG	27-48 MG	9-16 MG
ZINC	8 MG	11 MG	12 MG
VIT B12	2.4-50 MCG	2.6-50 MCG	2.8-50 MCG
IODINE	150 MCG	220 MCG	290 MCG
VIT D	600 IU	600 IU	600-6400 IU**
FOLATE	400 MCG	600 MCG	500 MCG
CHOLINE	425 MG	450 MG	550 MG
CALCIUM	1000 MG	1000 MG	1000 MG
SELENIUM	55 MCG	60 MCG	70 MCG

\*VALUES LISTED REFLECT THE NEEDS FOR HEALTHY ADULT WOMEN AGES 18-50

\*\* BREASTFEEDING MOMS MAY SUPPLEMENT WITH UP TO 6400 IU VIT D IF LOOKING TO PROVIDE ADEQUATE AMOUNTS TO BABY WITHOUT INFANT SUPPLEMENTATION

GRACE PASCALE NUTRITION