

# KEY NUTRIENTS FOR YOUR BABY

## AND HOW TO GET THEM

### WHAT TO FEED A GROWING BABY

#### FOLATE :

Folate is a B vitamin which helps protect against major birth defects of the fetus's brain and spinal cord.

#### SOURCES:



#### CALCIUM:

Helps to build strong bones and teeth

#### SOURCES:



#### IRON:

Helps red blood cells get oxygen to the fetus. Not getting enough can lead to anemia and premature birth

#### SOURCES:



#### PROTEIN:

Crucial to the growth of the baby. Helps in growth and repair of damaged tissue.

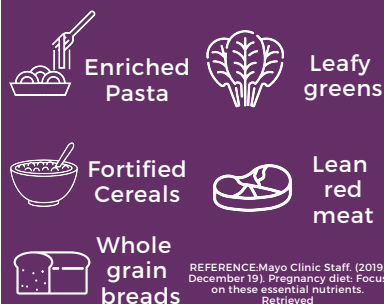
#### SOURCES:



#### Key:



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REFERENCE: Mayo Clinic Staff. (2019, December 19). Pregnancy diet: Focus on these essential nutrients. Retrieved

December 21, 2020, from <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20045082>