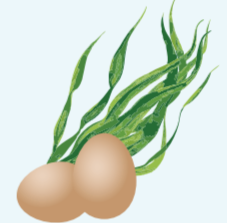

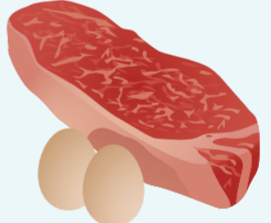

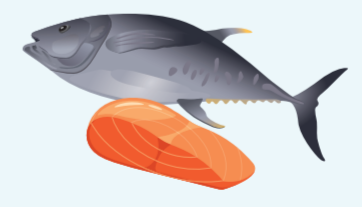


Nutrients for Mums and Babies

	Before Conception <small>Before pregnancy</small>	1st Trimester <small>First 3 months of pregnancy</small>	2nd Trimester <small>Second 3 months of pregnancy</small>	3rd Trimester <small>Last 3 months of pregnancy</small>	Breast-feeding <small>After birth</small>	Where Can I Get This?*	Why?
Iodine	✓	✓	✓	✓	✓	Seaweed, seafood, fish, dairy products and eggs. 	Helps with baby's thyroid, cognitive and physical development.
Folate	✓	✓				Rukau, rukau viti, broccoli, beans, lentils, citrus fruits, papaya. 	Helps with your baby's development and lowers risk of spina bifida.
Iron		✓	✓	✓		Eat 2 servings of iron rich foods daily such as rukau, eggs and red meats. 	Lowers the risk of premature birth and low birth weight for baby; and anaemia in the mum.
Vitamin D		✓	✓	✓	✓	From being in the sun or eating dairy products. 	Essential for bone development and skeletal health.
Omega-3		✓	✓	✓	✓	Eat 2-3 servings each week of fish (avoid high mercury fish). 	Good for brain development and reducing allergies in your child.

*Talk to your doctor about any supplements you may need.

