

Table 1. Recommended daily amounts of nutrients before and during pregnancy¹⁴

Nutrient	Before Pregnancy	During Pregnancy
<i>nutrients that change</i>		
Vitamin A	700 mcg	770 mcg
Vitamin C	75 mg	85 mg
Thiamin	1.1 mg	1.4 mg
Riboflavin	1.1 mg	1.4 mg
Niacin	14 mg	18 mg
Vitamin B ₆	1.3 mg	1.9 mg
Folic Acid	400 mcg	600 mcg
Vitamin B ₁₂	2.4 mcg	2.6 mcg
Pantothenic acid	2.4 mcg	2.6 mcg
Choline	425 mg	450 mg
Chromium	25 mcg	30 mcg
Copper	900 mcg	1000 mcg
Iodine	150 mcg	220 mcg
Iron	18 mg	27 mg
Magnesium	310 mg (19–30 years old); 320 (31–50 years old)	350 mg (19–30 years old); 360 (31–50 years old)
Manganese	1.8 mg	2.0 mg
Molybdenum	45 mcg	50 mcg
DHA	220 mg	300 mg
Selenium	55 mcg	60 mcg
Zinc	8 mg	11 mg
Water	2.7 liters	3 liters
Carbohydrates (minimum)	130 mg	175 mg
Fiber	25 g	28 g
Linoleic acid	12 g	18 g
ALA	1.1 g	1.4 g
Protein	46 g	71 g
<i>nutrients that do not change</i>		
EPA	220 mg	220 mg
Vitamin D	5 mcg (200 IU)	5 mcg (200 IU)
Vitamin E	15 mg	15 mg
Vitamin K	90 mcg	90 mcg
Biotin	30 mcg	30 mcg
Calcium	1000 mg	1000 mg
Phosphorus	700 mg	700 mg
Potassium	4.7 g	4.7 g
Chloride	2.3 g	2.3 g

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