**Nourishing Healthy Mothers**

Good Nutrition & Daily Multivitamins

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**Multivitamin Dosing Instructions:**

**Taking a Multivitamin Tablet**

Take 1 tablet every day.

It may help to take your multivitamin with food.

**Drinking liquids** may help you swallow your multivitamin.

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**Track Your Daily Multivitamins:**

Everyday you take your multivitamin, mark the matching date on your calendar.

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[Calendar page showing daily multivitamin dosing instructions]
Pregnant women have an increased need for vitamins and minerals. A daily multivitamin is an excellent way to meet this need, since many women don’t get enough nutrients through food alone. The earlier in pregnancy a woman begins taking a multivitamin, the greater the impact the vitamins and minerals can have on her health and the health of her child.

**Prenatal Multivitamins Can Help:**
- Reduce anemia.
- Support a healthy immune system.
- Improve birth weight, decrease the number of small-for-gestational-age (SGA) newborn infants, decrease preterm births and reduce infant mortality at 6 months of age.
- Build a strong foundation for your baby to grow and develop into a healthy child.

Infants during the first six months of life should be **exclusively breastfed**. Then at 6 months, begin complementary feeding.

**Vitamin D**
- Supports bone development and maintenance.
- Good food sources include fatty fish and fortified food products, such as milk and breakfast cereals.

**Calcium**
- Keeps the mother’s bones strong.
- Good food sources include milk and dairy products, collard greens, almonds, and salmon.

**Folic Acid**
- Helps prevent spinal cord defects.
- Good food sources include leafy green vegetables, whole grains, beans, nuts, and seeds.

**Iron**
- Helps prevent anemia.
- Good food sources include beef, poultry, beans, and broccoli.