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Tips for maintaining a healthy vegan pregnancy

Helping Hands Birth Services

Increase your iron intake

Why is it important to increase your iron intake? You know exhaustion you may be feeling? Low iron can definitely be the guilty culprit. You are growing a human, and he/she need blood too. If you are not getting enough iron then you feel sluggish and exhausted.

Pregnant people need 27 mg of iron a day. Here are some options to help increase that!

1 cup of iron-fortified cereal: 24mg

1 cup fortified instant oatmeal: 10mg

1 ounce of roasted pumpkin seeds: 4.2mg

1 tablespoon of blackstrap molasses: 3.5mg

1/2 cup firm tofu: 3.4mg

*nutritional data can be found
at <http://nutritiondata.self.com/>*

Prenatal Vitamins/supplements



Mega Food Baby & Me Prenatal Supplement (Herb Free)



Natural Factors B12 (1000 mcg)



Solgar Gentle Iron (25 mg – Iron Bisglycinate)



Garden for Life Vitamin Code Raw Calcium

It is important to increase your intake of Vitamin D- Calcium- Protein

Vitamin D- SUNSHINE fortunately here in Boise we do have a lot of sunny days so get out and enjoy (with some sunscreen)

Calcium- an extra cup of collards or kale in your smoothie will help

Protein- legumes, nuts, and tofu are all good sources of protein

More questions?

Call/text/email and lets talk about it!

