

Mindful Mum | Vitamin C for Healthy Pregnancy

Healthy Diet for Pregnancy Guide

	Vitamin C Food Sources	Serving	How Many Servings?
Fruit	Grapefruit	½ medium size	<p>You need at least 50 mg of vitamin C daily during pregnancy and 70 mg during breastfeeding.*</p> <p>A good rule of thumb is to aim for 3 per day from the following list.</p> <p>You do not need to take a supplement of vitamin C and avoid taking too big a dose as this can give you stomach ache, wind and diarrhoea.</p> <p>Why I need Vitamin C?</p> <p>Vitamin C cannot be stored by your body. You need a fresh supply daily.</p> <p>It helps you & your baby to:</p> <ul style="list-style-type: none"> • repair tissue • heal bones & wounds • maintain healthy skin • fight infection • absorb iron • build strong bones & teeth • various metabolic processes
	Orange	as above	
	Mango	as above	
	Papaya	¼ medium size	
	Cantaloupe Melon	small size	
	Honeydew Melon	1/8 small size	
	Strawberries	8	
	Blackberries or Raspberries	15	
	Kiwi	½ medium size	
Juice	Grapefruit	115ml	
	Orange	as above	
	Fortified Juice	2 tablespoons	
	Lemon	60 ml	
	Tomato	180 ml	
	Vegetable	115 ml	
Vegetables	Peppers (red, orange or yellow)	¼ medium size	
	Broccoli (raw or cooked)	1 serving	
	Tomato	1 medium size	
	Cauliflower	1 serving	
	Kale (cooked)	1 serving	
	Spinach (raw or cooked)	1 serving	
	Romaine Lettuce	1 serving	
	Red Cabbage (raw)	1 serving	
	Sweet Potato (in skin)	1 medium potato	
	For more information go to www.mindfulmum.co.uk		

Sources: *UK Food Standards Agency, Risk Assessment of Vitamin C Food Standards Agency (FSA) and Committee on Medical Aspects of Food and Nutrition Policy (COMA) http://www.food.gov.uk/multimedia/pdfs/evm_c.pdf