

BY NOURA BOUKAMHA

# nutmeg

## Pregnancy Nutrition Guide

WHAT TO EAT,  
AND WHY IT  
MATTERS FOR  
YOU AND YOUR  
BABY



# Why Nutrition During Pregnancy Matters



WHAT YOU EAT BUILDS YOUR BABY'S BODY. EVERY BITE CONTRIBUTES TO ORGAN DEVELOPMENT, BRAIN GROWTH, AND YOUR FUTURE MILK SUPPLY. YOUR NUTRIENT NEEDS INCREASE, BUT NOT YOUR CALORIE NEEDS AS MUCH AS YOU MIGHT THINK.

**YOUR BABY DOESN'T NEED YOU TO EAT FOR TWO.  
IT NEEDS YOU TO THINK FOR TWO.**



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# MACRONUTRIENTS: THE FOUNDATION

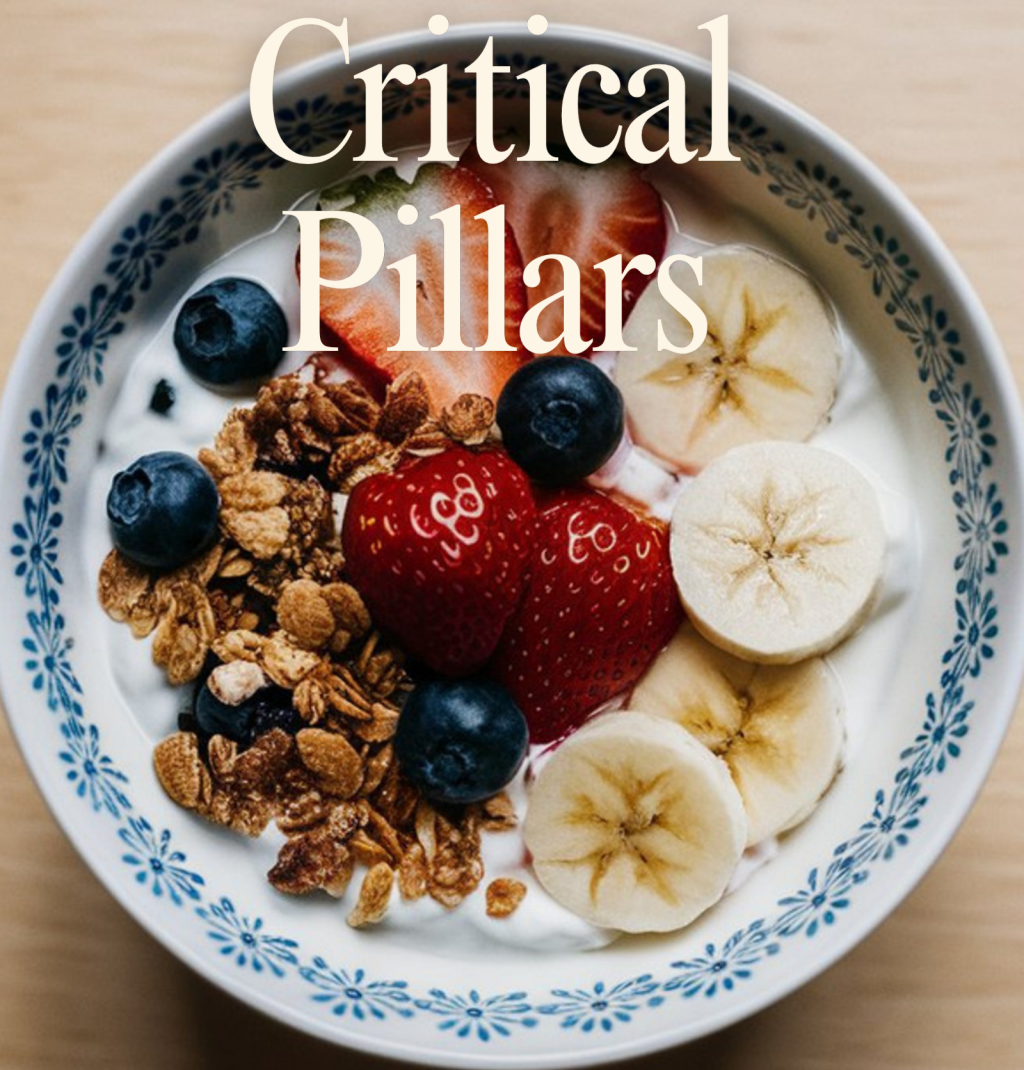
Nutrient	Role	Needs per Day	Sources
Protein	Builds baby's tissues, brain, hormones	75–100g	Eggs, lean meat, yogurt, lentils, tofu
Carbohydrates	Fuels baby's growth and your energy	175g	Oats, sweet potatoes, quinoa, fruits
Healthy Fats	Supports baby's brain and nervous system	30–35% of daily calories	Avocados, nuts, olive oil, fatty fish

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*MICRONUTRIENTS*

# Critical Pillars





# 1. FOLATE (NOT FOLIC ACID)

Folate prevents neural tube defects—but most prenatal supplements use synthetic folic acid, which many women can't absorb properly.

Choose methylated folate (L-5-MTHF) if you carry the MTHFR gene mutation (many do and don't know it).  
Aim: 600 mcg/day

Sources: Liver, spinach, legumes, prenatal with L-5-MTHF



A close-up photograph of three soft-shell tacos. Each taco is filled with large, rectangular pieces of grilled meat, likely pork or beef, which are charred and glistening. The meat is topped with a dollop of bright green guacamole and a generous amount of finely shredded white onions. Fresh green cilantro leaves are scattered on top of the onions. The tacos are served on light-colored, slightly toasted flour tortillas. The background is a plain, light surface.

## 2. IRON

Iron supports your baby's oxygen needs and prevents maternal anemia. Most women enter pregnancy low.

- Aim: 27 mg/day
- Sources: Red meat, chicken liver, lentils, cooked spinach
- Boost absorption by pairing with vitamin C (citrus, bell peppers)

Do you feel unusually tired? You might need an iron panel—not just hemoglobin.

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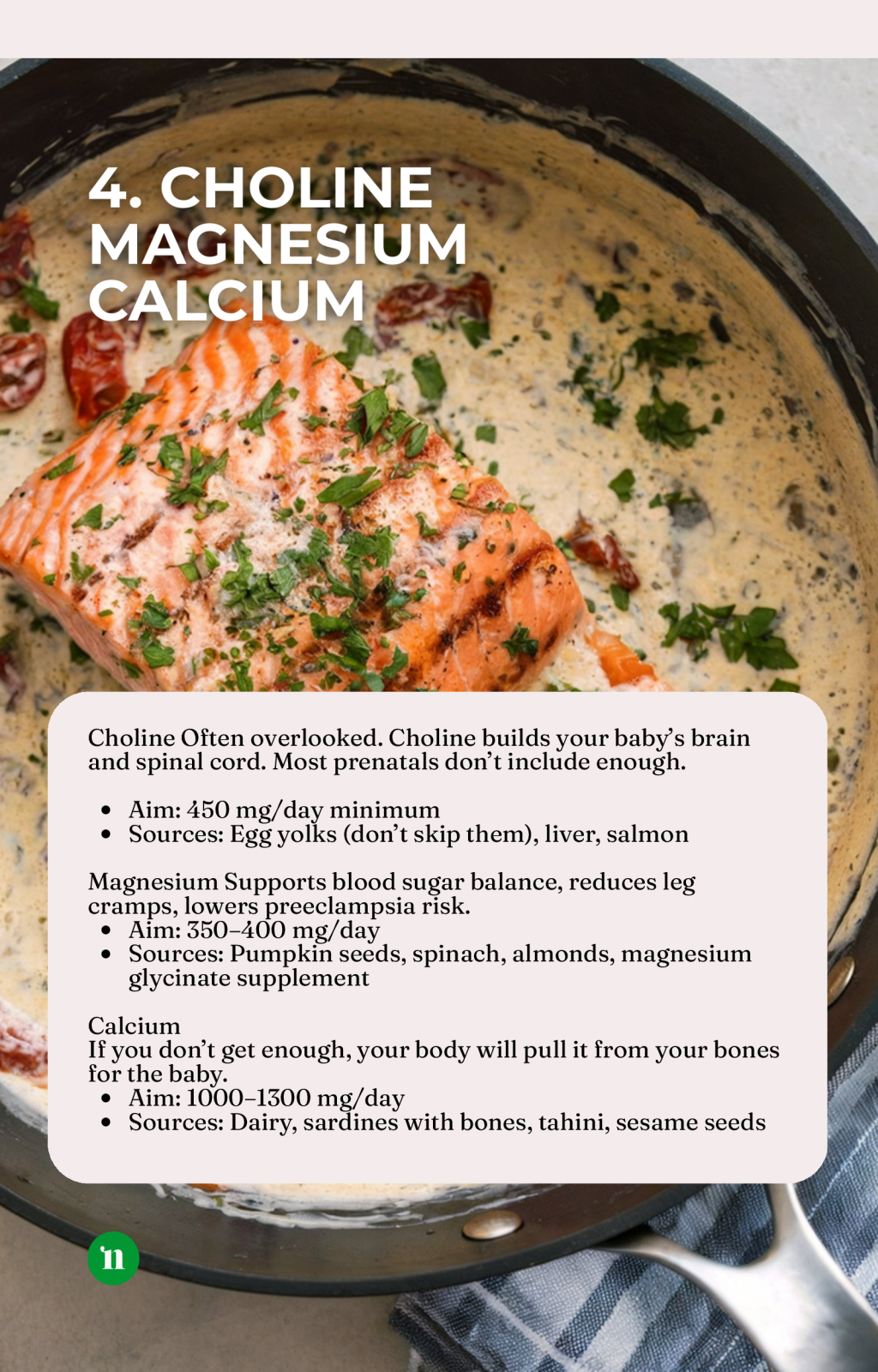




### 3. VITAMIN D

Over 60% of pregnant women are deficient. It affects your baby's bone development, your mood, and immune health.

- Aim: At least 2000–4000 IU/day (most prenatal underdose it)
- Get your blood levels tested (25-OH vitamin D)
- Pair with K2 for absorption (found in eggs, cheese)



## 4. CHOLINE MAGNESIUM CALCIUM

**Choline** Often overlooked. Choline builds your baby's brain and spinal cord. Most prenats don't include enough.

- Aim: 450 mg/day minimum
- Sources: Egg yolks (don't skip them), liver, salmon

**Magnesium** Supports blood sugar balance, reduces leg cramps, lowers preeclampsia risk.

- Aim: 350–400 mg/day
- Sources: Pumpkin seeds, spinach, almonds, magnesium glycinate supplement

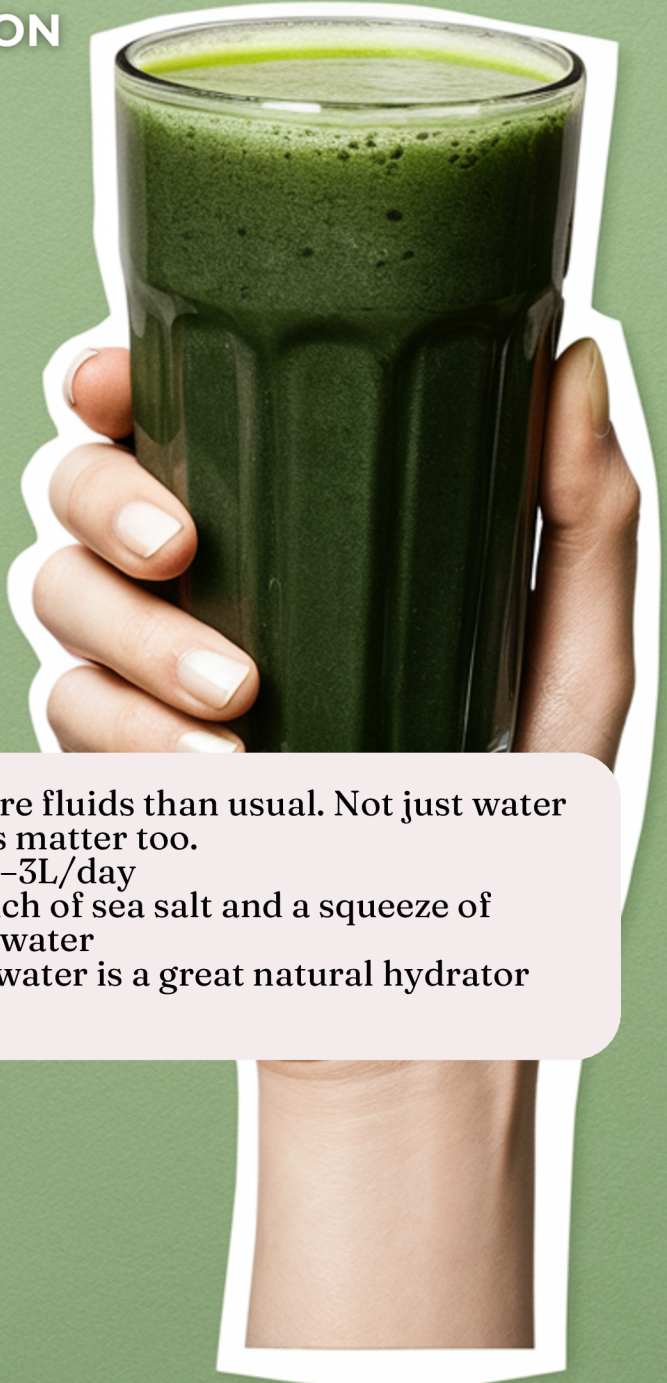
**Calcium**

If you don't get enough, your body will pull it from your bones for the baby.

- Aim: 1000–1300 mg/day
- Sources: Dairy, sardines with bones, tahini, sesame seeds



## 5 HYDRATION



You need more fluids than usual. Not just water—electrolytes matter too.

- Drink 2.5–3L/day
- Add a pinch of sea salt and a squeeze of lemon to water
- Coconut water is a great natural hydrator



## **By Trimester: Grocery List + Meal Ideas**



# First Trimester

**Focus: Reduce nausea, support folate needs, build baseline reserves.**



## Grocery List

- Eggs (pasture-raised if possible)
- Chicken breast or thighs
- Leafy greens: spinach, kale, arugula
- Avocados
- Greek yogurt
- Oats
- Lentils
- Bananas
- Ginger root
- Pumpkin seeds
- Bone broth
- Citrus fruits
- Whole grain toast
- Raw honey
- Natural peanut or almond butter

**Breakfast:** Oats with banana, peanut butter, chia seeds

**Snack:** Greek yogurt with crushed walnuts and honey

**Lunch:** Lentil soup with lemon + side salad

**Dinner:** Grilled chicken, mashed sweet potatoes, steamed spinach

**Before bed:** Warm bone broth or oat crackers with tahini

**Key Tip:** Keep meals small and frequent. Pair protein and carbs to reduce nausea.

# Second Trimester

**Focus: Blood-building foods, muscle development, nutrient-dense calories.**



## Grocery List

- Grass-fed beef or lamb
- Chicken liver (once/week)
- Wild salmon
- Sweet potatoes
- Basmati or brown rice
- Chia seeds
- Dates
- Berries
- Whole grain bread
- Eggs
- Full-fat plain yogurt
- Broccoli, carrots, zucchini
- Olive oil
- Sesame seeds
- Canned sardin

## Meal Ideas

**Breakfast:** 2 scrambled eggs, avocado toast, mixed berries

**Snack:** Smoothie with yogurt, dates, chia, banana

**Lunch:** Grilled salmon, rice, steamed broccoli

**Dinner:** Beef stew with carrots, served with rice or bread

**Dessert:** Baked apple with cinnamon and crushed almonds

**Key Tip:** Increase protein and iron-rich foods. Combine with Vitamin C for better absorption (add lemon to greens or meat dishes).



# Third Trimester

**Focus: Fats for baby's brain, prep body for birth & breastfeeding.**



## Grocery List

- Pasture-raised eggs (eat the yolks)
- Grass-fed butter or ghee
- Full-fat dairy
- Sardines or mackerel
- Avocados
- Tahini
- Collagen powder or bone broth
- Leafy greens
- Dates (start at week 36: 6/day may ease labor)
- Almonds and cashews
- Red lentils
- Coconut oil
- Zucchini, beets, eggplants
- Herbal teas: red raspberry leaf, nettle

## Meal Ideas

**Breakfast:** Yogurt parfait with nuts, seeds, and berries

**Snack:** 2 boiled eggs + cucumber slices with hummus

**Lunch:** Lentil curry with rice and a green salad

**Dinner:** Baked sardines or salmon, mashed potatoes, steamed carrots

**Before bed:** Bone broth + 1 tbsp tahini + 1 Medjool date

**Key Tip:** Support your milk supply early. Eat healthy fats. Stay hydrated.

# Core Nutrients That Shape Pregnancy

Nutrient	Function	Daily Target	Key Food Sources
Protein	Builds baby's tissues & hormones	75–100g	Eggs, Greek yogurt, chicken, lentils
Iron	Makes blood for baby & you	27mg	Red meat, liver, spinach, molasses
Folate (not folic acid)	Supports neural tube & placenta	600 mcg	Liver, leafy greens, lentils
Choline	Essential for baby's brain	450 mg	Egg yolks, salmon, chicken
Magnesium	Balances blood sugar & reduces cramps	350–400mg	Pumpkin seeds, dark chocolate
Vitamin D3	Helps calcium absorb & supports mood	2000–4000 IU	Sunlight, egg yolks, cod liver oil
Omega-3 (DHA)	Baby's brain & eye development	200–300mg	Salmon, sardines, chia seeds
Calcium	Builds baby's bones	1000–1300mg	Dairy, tahini, sardines with bones





# Healthy Eating Habits

A glass of purple smoothie topped with walnuts, with blueberries and pecans scattered around it. The background is a blurred bowl of blueberries.

Building strong eating habits during pregnancy lays the foundation for your long-term health as a mother. When you prioritize whole foods—like quality proteins, leafy greens, healthy fats, and complex carbs—you support your energy, hormone balance, and mental clarity. These habits help regulate your blood sugar, reduce cravings, and prevent nutrient depletion, which makes a major difference in how you feel postpartum. Consistently eating nutrient-dense meals also strengthens your body's ability to recover after birth, produce quality breast milk, and maintain stable moods during the early months of motherhood.

What you eat now also shapes your child's future. Your baby develops taste preferences in the womb based on your diet, which can influence their eating behaviors later. If you build meals around clean, unprocessed foods, you're more likely to carry those habits into your family's routine. This sets the tone for a home that values real food, balanced meals, and shared mealtimes—habits that support both physical and emotional well-being. You're not just feeding yourself; you're modeling and setting up a lifestyle that can carry through your entire journey as a mom.

# Thank You for Trusting Us

WE'RE HONORED TO BE PART OF YOUR PREGNANCY AND MOTHERHOOD JOURNEY. YOUR HEALTH, YOUR BABY'S GROWTH, AND YOUR WELL-BEING MATTER AND WE'RE HERE TO SUPPORT YOU EVERY STEP OF THE WAY.

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