





AVERAGE DAILY NUTRIENTS MOM & BABY NEED

 **PROTEIN** **100**
grams
(wild salmon, cottage cheese, tofu,
greek yogurt, black beans, peanut butter...)

 **CALCIUM** **1400**
milligrams
(low-fat milk, yogurt, low-fat cheese,
canned salmon, tofu, sesame seeds...)

 **FOLIC ACID** **600**
micrograms
(spinach, lentils, asparagus, edamame,
wheat germ, enriched whole-wheat bread...)


 **IRON** **30**
milligrams
(spirulina powder, black strap molasses, tofu,
lean meat, prune juice, tune, dried figs...)


 **OMEGA-3(EPA/DHA)** **1000**
milligrams
600 milligrams in DHA
(wild salmon, grounded flaxseeds, soybean,
walnuts, wheat germ, pumpkin seeds...)


living & sharing
free lifestyle


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