

Wellesley Women's Care, P.C.

Obstetrics / Gynecology / Infertility

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Recommended Daily Dietary Allowances for Adult Pregnant and Lactating Women

	<u>Pregnant Women*</u>	<u>Lactating Women*</u>
<u>Fat-soluble vitamins</u>		
Vitamin A	770 mcg	1300 mcg
Vitamin D	600 IU/day (15 micrograms)	600 IU/day (15 micrograms)
Vitamin E	15 mcg	19 mcg
Vitamin K	90 mcg	90 mcg
<u>Water-soluble vitamins</u>		
Vitamin C	85 mg	120 mg
Thiamin	1.4 mg	1.4 mg
Riboflavin	1.4 mg	1.6 mg
Niacin	18 mg	17 mg
Vitamin B6	1.9 mg	2 mg
Folate	600 mcg	500 mcg
Vitamin B12	2.6 mcg	2.8 mcg
<u>Minerals</u>		
Calcium	1000 mg	1000 mg
Phosphorus	700 mg	700 mg
Iron	27 mg	9 mg
Zinc	11 mg	12 mg
Iodine	220 mcg	290 mcg
Selenium	60 mcg	70 mcg

*Females over 18 years old.