Take a Multivitamin When Pregnant

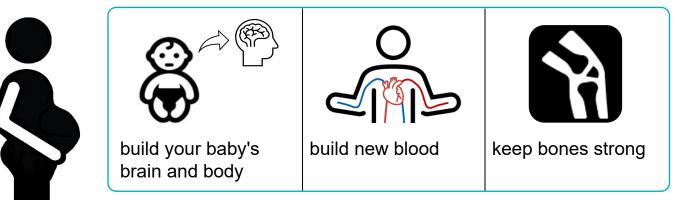
When you are pregnant, it is hard to get all the nutrients you need from the food you eat.

Eat a variety of foods and take a multivitamin daily.



Multivitamins give you extra nutrition

This extra nutrition helps to:



Choose a multivitamin

Health Canada recommends taking a daily multivitamin with 16–20 mg iron and 0.4 mg folic acid (folate). Multivitamins with these exact amounts can be hard to find.

Look for these amounts when choosing a multivitamin:

- Iron between 16-27 mg
- Vitamin D at least 400 IU (10 mcg)
- Folic acid (Folate) between 0.4–1 mg (400–1000 mcg)

These amounts are safe in pregnancy.

If you have questions about multivitamins in the store, talk to the pharmacist.



Some multivitamins may be missing a nutrient. Most gummy multivitamins **do not have enough iron.**







To help you remember daily



Set an alarm.

Put the multivitamin bottle next to an item you use every day.

Use a pill box.

If your multivitamin makes you feel sick

Try any of the tips below to see what makes you feel better.

| Take it with food. | Ask a pharmacist if your multivitamin can be cut in half. | Take it before you go to sleep. |
|--------------------|---|---------------------------------|
| | Take $\frac{1}{2}$ with breakfast, $\frac{1}{2}$ with supper. | |

Ask your healthcare team

- How your health conditions may change your vitamin or mineral needs.
- About any other vitamins or minerals you want to take.
- Where to get free multivitamins.
- If you are unable to take a multivitamin.

To learn more



Visit: Ready or Not Alberta (<u>readyornotalberta.ca/</u>)



Visit: **Healthy Parents Healthy Children** (<u>HealthyParentsHealthyChildren.ca</u>)

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If you have nutrition questions, call 811. Ask to talk to a dietitian. Visit <u>ahs.ca/Nutrition</u>.

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