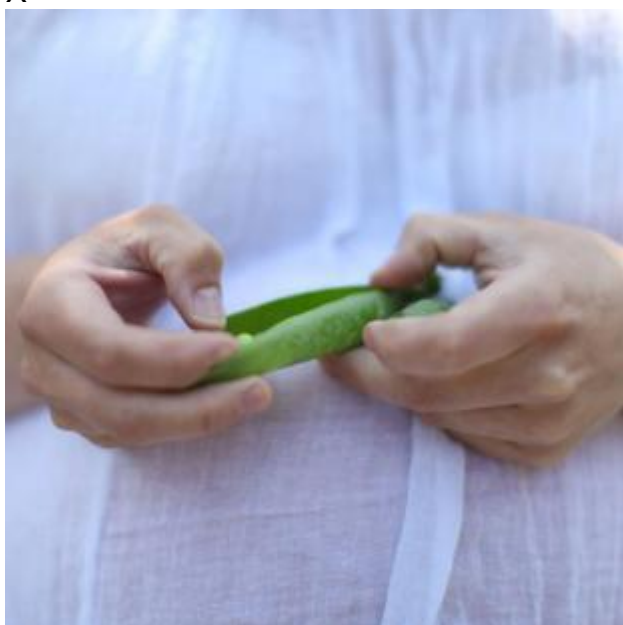


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Essential Pregnancy Nutrients - Folic Acid

Eating a varied and balanced diet during pregnancy is very important for both you and your baby. Pregnancy nutrition is a big topic but getting started is easy - use the table below to familiarise yourself with essential nutrients and vitamins to include in your pregnancy diet and learn about the benefits for you and your baby.

<https://www.nestlemumandme.com.au/essential-pregnancy-nutrients-folic-acid> ^[1]

_ [2] _ [3] _ [4]



Essential Pregnancy Nutrients - Folic Acid

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Saturday, November 5th, 2016

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So what do you need to eat for you and your baby – and why?

Nutrient	Folic acid (or folate)
Why do you and your baby need it?	You need to increase your folic acid intake if you are planning a pregnancy or are pregnant. Folic acid is essential for the healthy development of your baby in early pregnancy. It's a particularly important vitamin for your little one's nervous system development.
Eat it so you can...	<ul style="list-style-type: none">• Prevent neural tube birth defects such as spina bifida – a defect where the baby's spinal cord doesn't fully fuse together and can result in a range of disabilities that can be severe.

