



Dietary Requirements In The Third Week Of PREGNANCY



Fruits and vegetables



Protein and dairy products

Folic acid dietary sources and supplements



Iron-rich foods, such as lean meat, chicken, leafy greens, and beans

Calcium-rich foods, such as soya beans and nuts



Vitamin-D-containing foods, such as fish, milk, and cereals

DHA supplements and fish oil



Iodine-rich foods, such as iodized salt, milk, and yogurt