Requirements In The Third Week Of DREGNARGY

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



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



Source: https://www.momjunction.com/articles/3-week-pregnancy-symptoms-baby-development-tips_00793733/