

Stephanie Mandelman M.D.  
Ob/Gyn  
Important Prenatal Vitamins

Iodine

We recommend you start taking 220 mcg of Iodine at the start of your pregnancy. This will help to maximize fetal brain and retinal development.

- Most prenatal vitamins contain Iodine. Just be sure to read the label to see how much Iodine each pill contains.
- By using    teaspoon of Iodized salt you will get the amount you need. You can also use Kelp (seaweed supplement) instead of salt.
- **DO NOT** exceed 400 mcg daily unless you are instructed to.

Calcium

We recommend 500 mg 2-3 times.

- Viactiv, Tums, Calcium/Magnesium are good calcium choices.
- **Food Sources:** egg yolks, shell fish, cheese, green leafy vegetables, and soy beans.

Omega 3 Fatty Acids

If your prenatal vitamin doesn't come with DHA:

- You can buy Expecta Lipil, and take it along with your prenatal vitamin.
- We recommend a diet rich in omega 3 fatty acids: fish, ground flaxseed, DHA eggs, whole grains, green leafy vegetables, beans, seaweed, and walnuts.
- We also recommend you do the following: Eat at least 6oz of cooked fish 2-3 times weekly: salmon, trout, halibut, cod, sole, tilapia, catfish, flounder, shrimp, crab, lobster, scallops, and sardines.
- **If you do not like fish you can get Carlson's fish oil and cod liver oil (Whole Foods carries both) take 1 tsp of each, every other day with meals.**

During the course of your pregnancy we do recommend you eat organic fruits and vegetables, organic milk, hormone free chicken and other meats, and eggs from hormone free chickens. When you follow these guidelines, you can help in the healthy development of your baby. Any questions please feel free to ask Dr. Mandelman.