

Dietary Reference Intakes (DRI's) for Pregnant and Lactating Women. This information obtained from The Art and Science of Diabetes Self-Management Education, A Desk Reference for Healthcare Professionals. A Core Knowledge Publication of the American Association of Diabetes Educators. Page 241.

Nutrient	Pregnant Woman	Lactating Woman
Protein (g)	(1.1 g per kilogram) or +25g or +50 g extra for twins	+25
Carbohydrate 19-50 years	175 g per day	210 g per day
Vitamin A (mcg) 14-18 years 19-50 years	750 770	1200 770
Vitamin D (mcg)	5	5
Vitamin K (mcg) 14-18 years 19-50 years	75 90	75 90
Vitamin C (mg) 14-18 years 19-50 years	80 85	115 120
Thiamin (mg)	1.4	1.4
Riboflavin (mg)	1.4	1.6
Niacin (mg NE)	18	17
Vitamin B6 (mg)	1.9	2.0
Folate (mcg FE)	600	500
Vitamin B12 (mcg)	2.6	2.8
Calcium (mg) 14-18 years 19-50 years	1300 1000	1300 1000
Phosphorus (mg) 14-18 years 19-50 years	1250 700	1250 700
Magnesium (mg) 14-18 years 19-50 years	400 360	360 320
Iron (mg) 14-18 years 19-50 years	27 27	10 9
Zinc (mg) 14-18 years 19-50 years	12 11	13 12
Iodine (mcg)	220	290
Selenium (mcg)	60	70