

Zinc in pregnancy

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As pregnancy is a time when your baby is rapidly growing from nothing more than a collection of cells into a little person, getting the recommended 7mg of zinc a day is crucial.

Zinc is essential in the construction of our cells and DNA. It is needed for cell division and tissue growth. A zinc deficiency during pregnancy has been linked to miscarriage, premature delivery and prolonged labour.

Zinc-rich foods

Oysters contain the highest levels of zinc of any food – just one oyster will give you more than the recommended daily amount. However, experts advise against eating raw oysters during pregnancy because of the risk of food poisoning. Instead, try:

- Well-cooked oysters and shellfish
- Zinc-fortified cereals
- Red meat such as beef as well as poultry, especially turkey
- Wholegrains, wheat germ, oatmeal and corn
- Nuts, beans and soya
- Dairy products and eggs

If you have any concerns about your pregnancy diet, why not give our team of pregnancy advisors or nutritionist a call on **08457 623 628**? They're here to help you find the answers from 8am to 8pm Monday to Friday.