

First Trimester Supernutrients

A quick guide to the key nutrients that support a healthy pregnancy — inspired by ancestral wisdom and the Weston A. Price approach.

Nutrient	Why It Matters	WAPF-Friendly Sources
Folate	Crucial for early neural tube and brain development	Liver, leafy greens, fermented beets
Choline	Builds the placenta and supports baby's brain formation	Egg yolks, liver, grass-fed butter
Vitamin B6	Helps ease nausea and supports protein metabolism	Pastured chicken, bananas, sprouted grains
Iron	Needed for growing blood volume and preventing fatigue	Liver, red meat, beet kvass
Magnesium & Potassium	Ease muscle cramps, support hydration, and stabilize blood sugar	Bone broth, avocados, bananas, leafy greens
Protein	Foundation for building baby's cells, organs, and placenta	Eggs, meats, bone broth, raw dairy
Fat-Soluble Vitamins (A, D, E, K2)	Support hormones, fetal development, and immune strength	Cod liver oil, egg yolks, grass-fed butter, raw milk