

Healthy Early Nutrition – Healthy Future



In a nutshell:

The clinical practice
guideline on omega-3
intake in pregnancy



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250
mg

The recommended intake is **250 mg EPA + DHA per day during childbearing age** and an **additional 200 mg DHA per day during pregnancy.**



200
mg

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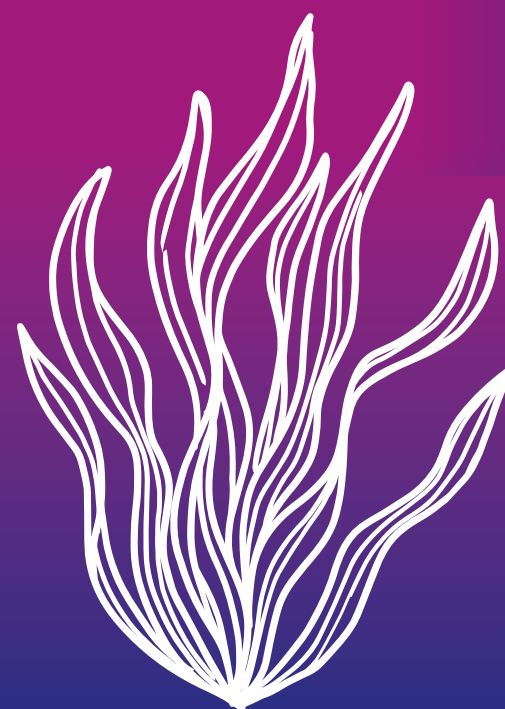
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What to eat?

Foods rich in omega-3 fatty acids:

fish and supplements such as

fish oil or algae omega-3



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before
20 until 37
weeks



If DHA levels are low, the risk for (early) preterm birth is increased and **supplementation** should start **before 20 weeks of pregnancy** and continue **until 37 weeks.**

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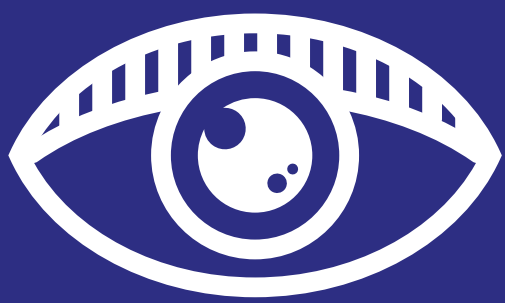
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**DHA reduces the
risk of preterm
birth and benefits
eye and brain
development.**

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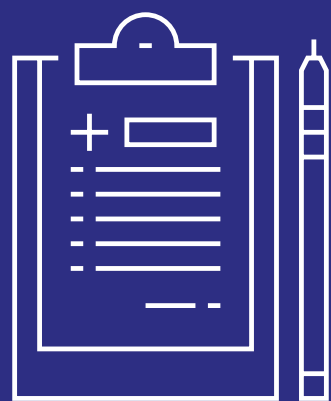
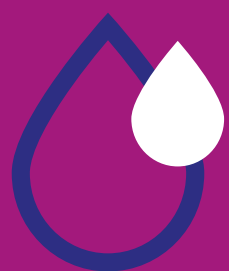


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HCPs can **use simple questions** or possibly a blood test **to assess the intake** of foods rich in DHA and EPA and the use of omega-3 supplements.



DHA
AND EPA

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