

Table 3. Key Differences in Energy and Nutrient Requirements across Life Stages
Key Points about Changes in Nutritional Needs during Pregnancy

Life Stages	Energy# (kcal/d)	Folic acid (mcg)# ^{4, 6} (supplement form)	Vitamin D ^{&} (IU)	Calcium (mg)# ⁷	Iron (mg)# ⁸	Iodine (mcg)# ⁹⁻¹¹	Remarks
Pregnancy: 1 st trimester (the first 13 weeks)	2100 [+0] ¹²	At least 400 ^{4, 6}	400-600 ¹³	800-1000	18	250*	Demand for folate, vitamin A and iodine increases
Pregnancy: 2 nd trimester (14 th to 27 th weeks)	2400 [+300] ¹²	At least 400 ^{4, 6}	400-600 ¹³	800-1000	25	250*	Apart from folate, vitamin A and iodine, there is a higher demand for
Pregnancy: 3 rd trimester (28 th to 40 th weeks)	2550 [+450] ¹²	At least 400 ^{4, 6}	400-600 ¹³	800-1000	29	250*	iron, zinc and omega-3 fatty acids, and a mild increase in calcium requirement
Lactating mothers	2600 [+500] ¹²	At least 400 ^{4, 6}	400-600 ¹³	800-1000	24	250*	Sufficient intake of protein, folate, iodine, zinc, vitamin A and DHA are required to ensure an adequate level of nutrients in the breastmilk
Menopause	(1950) ¹⁴	(400) ¹⁴	400-600 ¹³ (400) ¹⁴	800-1300	10	150	

Recommendations follow the Department of Health

[^] Recommendations follow the WHO: Vitamin and mineral requirements in human nutrition, 2nd edition 2004

[&] Recommendations follow the U.S. Department of Health and Human Services: Dietary Reference Intakes for Calcium and Vitamin D 2011

() Recommendations follow the Chinese Nutrition Society: Dietary Reference Intakes for China 2023, women aged 50 to 64

* in form of iodine-containing supplements at least 150 mcg iodine per day