



Taking omega-3s to give your baby a great start in life

New research shows that taking omega-3s (you may know these as fish oil or algal oil) during pregnancy can help you have a full-length pregnancy and help your baby grow to a healthy weight in the womb.

Babies born with a healthy weight after a full-length pregnancy have a great start in life.

What does the research say that I should do?

- If you are pregnant with one baby, take omega-3 supplements each day starting from around 12 weeks of pregnancy.
- Look for the omega-3s called DHA and EPA*.
- **You will need to take at least 500mg of DHA per day.**
- You do not need to take more than 1000mg of DHA plus EPA per day. Taking more will not give you or your baby any extra benefit.
- If you are vegetarian, you can take omega-3s as algal oil rather than fish oil.
- Once you have had your baby you can stop taking omega-3s.

If you would like to know more or need some help speak to your doctor or midwife.

*DHA stands for docosahexaenoic acid and EPA stands for eicosapentaenoic acid



Healthy Mothers,
Babies and Children



Health
Translation SA
RESEARCH > ACTION > IMPACT

NMC
Nutrition for
Mother+Child
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FURTHER INFORMATION www.sahmriresearch.org/omega3