The conception and the subsequent weeks afterwards is the time when it is at its most vulnerable, as it is the time when the organs and systems develop within. The energy used to create these systems comes from the energy and nutrients in the mother's circulation, and around the lining of the womb, such is the reason why correct nutrient intake during pregnancy is so important.

During the early stages of pregnancy, since the placenta is not yet formed, there is no mechanism to protect the embryo from the deficiencies which may be inherent in the mother's circulation. Thus, it is critical that an adequate amount of nutrients and energy is consumed. Additionally, the frequent consumption of nutritious foods helps to prevent nausea, vomiting, and cramp. Supplementing one's diet with foods rich in folic acid, such as oranges and dark green leafy vegetables, helps to prevent neural tube birth defects in the baby. Consuming foods rich in iron, such as lean red meat and beans help to prevent anemia and ensure adequate oxygen for the baby. A necessary step for proper diet is to take a daily prenatal vitamins, that ensure their body gets the vitamins and minerals it needs to create a healthy baby. These vitamins contain folic acid, iodine, iron, vitamin A, vitamin D, zinc and calcium.