

# Nutrition and You! How to Ensure a Healthy Pregnancy!

## How much weight should I gain?

Ask your doctor but here are some guidelines

- If you are normal weight gain 25-35 lbs
- If you are underweight gain 28-40lbs
- If you are overweight (big) gain 15-25 lbs
- If you are obese you should gain no more than 15 lbs
- YOU SHOULD NEVER LOSE WEIGHT DURING PREGNANCY



## Is eating for two a myth?

YES. You should not double the amount you are consuming. You only need to eat 300 extra calories per day in the second and third trimester. A small baked potato is 120 calories (it adds up pretty fast!)

## What foods should I eat?



You should follow the Food Guide Pyramid and consume a variety of foods. You should include:

- ✓ Bread/cereal/rice group: 6-11 servings per day
- ✓ Fruits and vegetables: 5-9 servings per day
- ✓ Milk/yogurt/cheese: 3-4 servings per day
- ✓ Meat/poultry/fish/eggs/nut group: 2-3 servings per day
- ✓ Fats and oils: using sparingly

## Should I take a pre-natal vitamin?

Your body needs more vitamins and minerals while you are pregnant because your body is taking care of two people. Taking a prenatal vitamin early in your pregnancy may prevent against certain birth defects.

### Folic Acid:

Take a vitamin with at least 600 mcg of folic acid when you are pregnant. You can also consume foods with folic acid such as greens (collards, spinach), citrus fruits, and enriched grains.

### Iron:

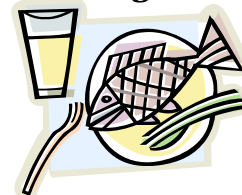
Your body demands 3 times the amount of iron needed than usual. Eat foods rich in iron like meat, eggs, beans, and fortified cereals. You can increase absorption of iron by eating or drinking vitamin C rich foods (citrus fruits, broccoli) with iron foods. Watch your tea intake as this can reduce the amount of iron available for absorption.

### Calcium:

Calcium is important to develop strong bones, teeth, nerves, and muscles (including your heart!). You can ensure you're getting enough calcium by eating foods rich in calcium like milk, yogurt, cheese, broccoli, fortified juices and salmon. If not, take a supplement

## What foods should I not eat?

Stay away from foods with high levels of mercury. Eating these foods may cause harm to the baby's brain. **Shark, swordfish, king mackerel, tilefish, albacore tuna (white, not chunk light) should all be avoided along with bass, bowfin (blackfish), and catfish.**



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## Safety First!

- Make sure you keep hot foods hot and cold food cold
- Wash fruits and vegetables before eating
- Do not use the same knife to cut raw and cooked foods
- Cook all meat well (use a meat thermometer)
- Wash hands frequently with soap and water
- Avoid unheated hot dogs, sushi, pre-made salad (coleslaw/macaroni salad), unpasteurized milk and cheese, and alfalfa sprouts.



## Can I eat the foods I crave?

Yes you can eat what you crave as long as you are not gaining faster than normal. Also you need to be aware of pica. This is when you may crave non-food items such as laundry starch, clay dirt, and even ice!! Some items may be harmful to your baby. If you notice that you crave something that is not a food contact your physician and schedule an appointment with a nutritionist.

## Will exercising be harmful to the baby?



Exercising *will not* be harmful if you do exercises such as walking, jogging, mild aerobics, and swimming. *Avoid* playing contact sports like softball, water or snow ski, or horseback ride. Make sure you drink plenty of fluids to keep you cool. You may want to lift weight up to five pounds to help your arms become strong so you will be able to lift and hold the baby without becoming tired!! If you are in any *pain or shortness of breath you should stop immediately!* If you have questions about which exercises are safe, ask your physician.

## What should I eat after I have the baby?

To return to your pre-pregnancy weight you will need to burn more calories that you take in unless you are breastfeeding. So eat a variety of foods but watch your portion sizes and use caution when eating fried, fatty and sweet foods. Breastfeeding requires 500 calories more per day than when you are not pregnant so you can eat more and generally still lose your post pregnancy weight. If you were on a special (therapy) diet while you were pregnant then ask your doctor or other health care professional if you still be on the same diet plan.

**The saying...”You are what you eat” applies for your baby.  
Everything you eat, your baby eats!**

**Babies were born to be breastfed!**

**\*\*\*Remember if you have any questions before or after your pregnancy consult with your physician or nurse to find a nutritionist or Registered Dietitian near you!\*\*\***