

NUTRITION DURING PREGNANCY

During pregnancy, diet is especially important. The foods you eat are the main source of nutrients for your baby.

Food Group you and your baby need it	Serving size	Recommended no. of servings	Why
<u>Dairy Products-Calcium</u>			
Milk build strong bones and	1 cup	4 -5	Helps teeth RDA = 1,200 mgs
Yogurt	1 cup		
Cheese	2 inch square		
Cottage Cheese	1 cup		

Also look for calcium fortified foods: orange juice, cereals, breads, etc. Pregnant women under 18 years of age need 5-6 servings of dairy products. If it's difficult to eat or drink enough milk products, try adding 1/3 cup of dry powdered milk (1 serving) to cereal, blender drinks or ground meat.

Meat and Alternates-Protein

Cooked meat "building block" for baby's	2-3 ounces	3-4	Main cells.
Fish	2-3 ounces		
Iron source. Helps produce Poultry	2-3 ounces	extra	for
blood you may need and Cooked or dried	2-3 ounces		
provides extra stores of energy beans/peas			
labor and delivery.			
Eggs	2		
Peanut Butter	4 tablespoons		
Nuts	1/2 cup or 3 ounces		
Tofu cakes	2		
Sunflower seeds	1/2 cup		

Vitamin A Fruits and Vegetables

Broccoli healthy skin and helps		Forms
Carrots eyesight. Helps with bone		
Collards growth.		
Spinach		
Green pepper	1/2 cup	
Sweet potato		
Winter squash		
Cabbage		
Alfalfa sprouts		
Dark, leafy greens		

Apricot	3	1
Cantaloupe	¼ melon	
Plums	1 cup	
Papaya	1 cup	
Pumpkin	1 cup	

Vitamin C Fruits and Vegetables

Cantaloupe	¼ melon		
	Promotes healthy gums, teeth,		
Orange	1 or 6 oz. of juice		and
	bones. Helps the body		
Grapefruit	1 or 6 oz. of juice		absorb
	iron.		
Tomato	1 or 6 oz. of juice		
Strawberries	2/3 cup		
Watermelon	½ cup		
Papaya	½ cup		
Broccoli	½ cup	1	
Raw cabbage	1 cup		
Green pepper	½ cup		
Cauliflower	½ cup		

**Food Group Serving size # of servings Why you
and your baby need it**

Other Fruits and Vegetables

Banana		
Apple	1	
Pear		
Peach		
		2
Grapes		
Potatoes		
Corn	½ cup	
Peas		
Beets		
Green beans		
Cherries		
Pineapple		

Grains, Breads and Cereals-Carbohydrates

Bread	1 slice		Gives energy
	to you and your baby		
Roll or muffin	1		during
	pregnancy. Look for whole		
Tortilla or taco shell	1		grain or high
	fiber breads and cereals.		
Grits	½ to ¾ cup		
Cereal-hot or cold	½ to ¾ cup		
Pasta	½ to ¾ cup		

Rice 1/2 to 3/4 cup

Fats, Oils and Sweets

Meat, nuts, peanut butter, margarine, use sparingly Provides long term energy for growth
Butter, vegetable oils

Points to remember:

DRINK 8-10 CUPS OF FLUID A DAY-6 OF THOSE SHOULD BE WATER!

During pregnancy, you need about 300 *calories* more a day than you usually eat.
Eat an adequate amount of fiber (prevents constipation).
Cook meat (chicken, fish, etc.) thoroughly.
The FDA recommends pregnant women and nursing mothers to avoid shark, swordfish, king mackerel, tilefish and fresh tuna due to high mercury levels.
Limit caffeine to 0-2 servings per day. Avoid products with NutraSweet or Saccharin. Splenda can be used.
Salt lightly.

FOODS TO MINIMIZE OR AVOID

Soft drinks (Coke, Pepsi, 7-Up, etc.) candy, various chips, cakes, pies, sweetened cereals, pastries, punches (Kool-Aid), juice drinks (Hi-C, etc.-very high in sugar!), and ice cream (very high in fat!)

Where does the weight go?

Here's how much weight an average woman gains in parts of her body during pregnancy.

Baby	7 1/2 pounds
Your breasts	2 pounds
Maternal stores (your Body's protein, fat and other nutrients)	7 pounds
Placenta	1 1/2 pounds
Uterus	2 pounds
Amniotic fluid (fluid that surrounds and protects baby)	2 pounds
Your blood	4 pounds
Your body fluids	4 pounds

SNACK FOOD GUIDE

Having healthy snacks is a good way to get the nutrients and extra calories that you need. You may find that regular nourishing snacks and smaller meals are better than three big meals a day.

Fruits – fresh or unsweetened

Fruit juice
Fruit juice with club soda
Banana slices
Dried fruits

Applesauce
Chunks of melon, apple, orange, peach, etc.
Fruit shake-banana, peach, strawberry, etc.
Fresh fruit in yogurt

Vegetables

Carrot circles, baby carrots, celery strips
Broccoli flowerets, potato chunks
Vegetable soup

Grains – whole grains

Bran muffins
Blueberry or banana muffins with nuts
Bagel with low fat cream cheese
Unsweetened cereal-fiber rich
Nabs-peanut butter & crackers, cheese & crackers
Popcorn
Baked potato with skin

Dairy

Milkshake made with fruit
Low fat ice cream or ice milk
Cheese toast
Cheese pizza
Cream soups
Cottage cheese with fruit
Nachos with cheese and tomato

Meat and alternatives

Peanut butter and banana sandwich
Bean burrito
Cheese cubes
Hard boiled egg
Low fat cream cheese on vegetable sticks
Soybean products

Right from conception through pregnancy, and when nursing, your baby depends on you to give the very best start in life, through a balanced diet. REMEMBER – Give your baby the best gift of all...a chance for health with good nutrition.