

Specialists in Women's Healthcare, P.C.

Healthy Diet for a Healthy Pregnancy

A balanced diet is a basic part of good health at all times in your life. During pregnancy, your diet is even more important for you and your baby. The foods you eat are the main source of nutrients for your baby as it grows. This section will help you make food choices for a healthy and safe pregnancy.

A Well Balanced Diet:

This table gives tips on things that can be eaten following the Food Pyramid. Pregnant women need 300 extra calories a day. Make it healthy choices since it is not a lot.

<u>Food Groups</u>	<u>Amount per Day</u>	<u>Example Servings</u>
Grains	6 ounces	1 slice of bread, 1 cup ready to eat cereal, ½ cup cooked rice, or pasta
Vegetables	2 ½ cups	1 cup of raw or cooked vegetables or vegetable juice or 2 cups of raw leafy greens
Fruit	1 ½ - 2 cups	1 cup of fruit or 100% fruit juice, or a ½ cup of dried fruit
Meats & Beans	5-5 ½ ounces	1 ounce of meat, poultry, or fish, ½ cup cooked dried (protein) beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts
Milk (dairy)	3 cups	1 cup of milk or yogurt, 1 ½ ounces of natural cheese or 2 ounces of processed cheese.

Morning Sickness:

This has been attributed to a variety of reasons including hormonal changes, low blood sugar, gastric overloading and slowed peristalsis. Some relief possibilities include small frequent meals about every 2 hours and dry crackers or toast before getting up in the morning. You can use Sea Bands (acupressure wrist bands are sold in health food stores), Vitamin B6 (50 -100mg twice a day), and Ginger Root (800-1000mg twice a day. Most nausea spontaneously resolves by

the 4th month. Should you not get any relief with the above suggestions, please call our office to further discuss. Hang in there!

Fluid & Water Intake:

Adequate fluid intake is essential for a healthy pregnancy. Hydration deters preterm contractions, guards against urinary tract infections, decreases constipation and helps to prevent headaches and dry skin. ***You should drink 8 - 16 ounces of water a day.*** Your liquid intake should primarily be water and milk. Juice is OK, but be aware of the extra calories. You should avoid sweetened sodas, and limit your caffeine consumption to no more than one per day (i.e., coffee, tea, cola or chocolate). Diet sodas should be limited as well.

Supplements:

One prenatal vitamin per day

Calcium 1200-1500mg per day (if you are lactose intolerant or don't like milk)

DHA - 300mg per day (found in some prenatal vitamins) Omega 3 fatty acid supplement. These are important for fetal and infant brain and eye development.

Foods to Avoid:

Raw Fish such as sushi, raw clams, oysters, etc. Large fish that is high in mercury such as Sword Fish, Shark, White Albacore Tuna, King Mackerel, or Tile Fish.

Other types of fish are fine: Shell fish, Polluck, Sole, Scrod, Tilapia, Salmon, or Chunk Light Tuna. *These are limited to no more than 2 servings per week.*

Soft Cheeses: Gorgonzola, Feta, Blue Cheese, Brie or any UN-pasteurized cheeses.

Processed Meats: Deli meats or spreads, hot dogs (unless brought to steaming hot before eating)

Weight Gain:

Appropriate weight gain is an important part of a healthy pregnancy.

- 25-35lbs for a woman of normal size.
- >35lbs for a woman underweight
- < 25lbs for a woman overweight

Exercise:

Keeping active during pregnancy is an important part of a healthy pregnancy.

Walking is an easy exercise that will help build stamina and keep the weight gain normal. If you are a runner or partake in regular exercise, you are encouraged to continue. You just might need to take it down a notch. Do not raise your heart beat above 140, or lift anything greater than 25 lbs. Use good body mechanics when lifting or moving anything. And most important, pay attention to your body! If you have pain, STOP! If there is any bleeding, call your doctor.