

Nutrition in Pregnancy and Breastfeeding

Food is extremely important in pregnancy and breastfeeding. You need an extra 300 calories a day during pregnancy to gain the right amount of weight for a healthy, strong baby. You can do this by adding in 1 or 2 healthy snacks during the day. During pregnancy, you should gain 25-35 pounds if you were normal weight, 15-25 pounds if you were overweight, and 28-40 pounds if you were underweight before pregnancy. Your weight should increase slowly with the majority of gain in the third trimester. Different foods help your baby grow in different ways, so it is important to eat a variety of foods. While breastfeeding, you need an extra 500 calories. Two or three healthy snacks during the day should meet your body's extra energy needs. Aim for the higher daily serving range in each of the food groups if you are breastfeeding.

Food Group	Functions	Daily Servings	One Serving
Milk/Yogurt and Cheese	Builds bones & teeth. Keeps nerves & muscles working well.	3-4	1 cup milk 1 cup yogurt 1 ½ oz. cheese
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts	Basic building material, assures adequate growth of the baby. Forms antibodies to help fight infection.	6-8	1 oz meat, fish or poultry 2 Tbsp. Peanut Butter ½ cup cooked beans ¼ cup cottage cheese 1 egg 4 oz. tofu
Vegetables	Fight off infection, promote healthy skin and eye sight. Helps the body use iron.	3 or more	½ cup cooked 1 cup raw leafy ¾ cup vegetable juice
Fruit	Fight off infection. Vitamin C needed for healthy bones and to help heal wounds.	2-3	1 medium fresh fruit ½ cup canned fruit ½ cup 100% fruit juice
Bread, Cereal, Rice, & Pasta	Provides energy and iron. Fiber from whole grains helps prevent constipation.	7 or more	1 slice bread ¾ cup dry cereal ½ cup cooked cereal ½ cup pasta or rice
Fats, Oils, & Sweets	Provides energy.	Use sparingly	1 tsp. margarine 1 tsp. butter 1 tsp. sugar or honey 1 Tbsp. salad dressing

Helpful Tips for a Healthy You and Baby!

- ❖ Choose skim or 1% milk and milk products.
- ❖ Choose lean meat, poultry without the skin, fish and dry beans as protein sources.
- ❖ Bake, broil, roast, stew or boil instead of frying. Fried foods are high in saturated fat and cholesterol.
- ❖ Choose vegetables rich in Vitamin A (dark yellow or green leafy vegetables, broccoli, spinach, greens, carrots, winter squash) and fruits rich in Vitamin C (citrus fruit, tomatoes, cantaloupe, strawberries).
- ❖ Choose whole grain breads and cereals (wheat and bran) to help prevent constipation.
- ❖ Keep hydrated with at least 8 glasses of fluid each day (water or non calorie drink).
- ❖ Drink or eat a Vitamin C rich food with your meat/protein foods to increase iron absorption.
Example: chicken sandwich (iron) and orange juice (vitamin C)
- ❖ Try to eat 3 meals each day along with 1-2 healthy snacks. Healthy snacks include a turkey sandwich with a glass of skim milk, cheese and crackers, or peanut butter and a piece of fruit.

Food Safety

- ❖ **Methyl mercury** can be found in fish, particularly large fish that live long lives. Mercury toxicity may harm an unborn baby's developing nervous system. To decrease your risk, limit intake of light tuna to 2 cans each week (12 oz. total) and albacore tuna to 1 can (6 oz. total) each week. AVOID shark, swordfish, king mackerel, and tilefish during pregnancy.
- ❖ **Listeria** is a bacteria that can contaminate certain foods such as soft cheese, unpasteurized milk, deli meats, and hot dogs. Listeria can cause complications during pregnancy. To protect yourself and your unborn baby, you should:
 - reheat or cook cold cut meats and hot dogs
 - wash your fruits and vegetables well
 - choose only pasteurized dairy products, and stay away from soft cheeses like feta, Brie, Camembert, blue cheese, and goat cheese
- ❖ Some women have cravings for dirt, clay, or cornstarch during pregnancy. When women act on the cravings, it is termed **Pica**. The cause is unknown but some thoughts are that it could be due to low iron or hormonal changes. These items are dangerous to consume during pregnancy and have no nutritional value. If you have these cravings, try starchy foods like bread, crackers, and potatoes to satisfy you. Talk with your physician about this.

Special Concerns

- ❖ Go easy on the **caffeine** while pregnant. Moderation is best-no more than 1 or 2 servings of coffee, tea, or caffeine-containing soft drinks per day.
- ❖ If **alcohol or other drugs** are in your blood, your baby is exposed to them. The ill effects of alcohol are well known, but exactly how much is safe or not is not known. It is best to **COMPLETELY AVOID** alcohol and drugs while you are pregnant. If you have a substance abuse problem, talk to your health care provider.

Tips for Reducing Nausea and Vomiting

- ❖ Eat slowly and chew your food well.
- ❖ Eat small frequent meals and snacks instead of large meals.
- ❖ Carbonated beverages such as Cola, Sprite, and Gingerale can help curb nausea. Drink these beverages between meals.
- ❖ Avoid fried foods with lots of spices.
- ❖ After eating, relax in an upright position to ease digestion.
- ❖ Try your meals cold or at room temperature, to keep the food odor down. If you have the opportunity, stay away from the kitchen while food is being cooked and enjoy your food outside in the open air.
- ❖ Have 8-10 cups of fluid daily to prevent dehydration, especially if you are vomiting.
- ❖ If only fluids can be held down, then try sports drinks such as Gatorade, Powerade, etc. They are high in energy without being too sweet or carbonated. They will also help restore salts and electrolytes that are lost with vomiting.
- ❖ If the nausea or vomiting persists, medications may help. Consult your physician.
- ❖ Nutrient dense foods to try:

Cold meat
Yogurt
Crackers

Sandwiches
Peanut butter
Toast

Cottage Cheese
Dry Cereal
Popsicles