

## Pregnancy and Nutrition

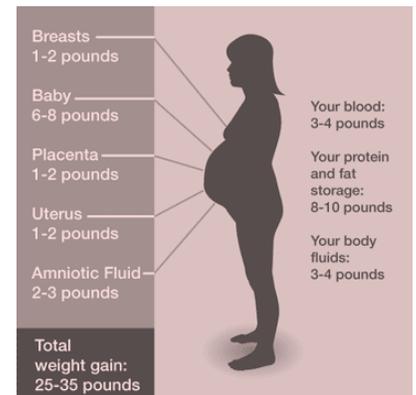
Balanced nutrition for a healthy baby, healthy you, and healthy family



Pregnancy is a special time when your food choices directly impact the health and wellness of another individual. The choices that you make during pregnancy will impact the lifelong health of your child. This is a large responsibility that may seem overwhelming; use the ideas you find here to build your confidence in making healthy food choices.

### EATING:

- Get lots of fiber and antioxidants from fruits and vegetables. Every day, eat 2-4 pieces of fruit and at least 4 cups of vegetables.
- Incorporate lean protein into most meals, such as fish, chicken, tofu, cottage cheese, edamame, eggs or red meat.
- Seek out foods that provide healthy fats such as salmon, almonds, peanut butter, walnuts, avocados, olives, canola oil and olive oil.
- Choose brown rice, oatmeal, quinoa, beans, lentils, sweet potatoes and other high fiber carbohydrate rich foods to accompany most meals. When eating breads, pastas and crackers, choose foods that are 100% whole grain.
- Eat yogurt, drink cow's milk or drink fortified non-dairy milk often or take calcium supplement.
- Eat every 3 hours to meet nutrient need and to decrease nausea and heartburn.



### DRINKING:

- Drink plenty of fluids – at least 64 oz of fluid a day
  - Avoid beverages low in nutrient value such as soda and juice
  - After first trimester, 150-300 mg per day of caffeine is acceptable, this is about one or two 8-oz cups of coffee
  - No alcohol during pregnancy

**WEIGHT GAIN** should be steady and gradual through balanced diet

- You don't need to eat for two! After first trimester, you only need about 100-300 extra calories a day.

**EXERCISE** at least 30 minutes a day

### FOODS TO AVOID:

- Unpasteurized brie, feta, camembert, blue cheese, and soft cheeses
- Shark, swordfish, king mackerel, tilefish, and solid white albacore tuna because of mercury
- Unpasteurized milk and juice
- Foods that have not been properly stored and have been sitting out for 2+ hours
- Hot dogs and deli meats unless heated until steaming hot
- Use of saccharin (Sweet N' Low) is strongly discouraged – all other sweeteners considered safe in moderation

### FOOD PREPARATION:

- You are at increased risk for food borne illness so:
  - Wash hands before and after preparing food
  - Wash fruits and vegetable thoroughly
  - Handle meats and raw foods properly and cook well



NUTRITION COUNSELING - CAMPUS HEALTH SERVICE - HEALTH PROMOTION

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