

Pregnancy Nutrition - Healthy Choices

Pregnancy nutrition is vital for a healthy mother and baby. During pregnancy, the mother's diet is the primary source of nutrients for the developing baby and her.

Grains - Provides necessary carbohydrates, contain fiber, iron, B vitamins, minerals and protein. 6-9 servings are recommended daily

One serving suggestion:

- 6 crackers
- 1 slice of bread
- ½ small bagel
- ½ to 1 cup cold cereal (some cereals contain necessary folic acid supplement)
- ½ English muffin
- ½ cup cooked cereal, pasta or rice

Products must be listed as whole-wheat or whole-grain

Fruits and Vegetables - Provides necessary vitamins and minerals and fiber for digestion. 3+ servings of fruit and 4+ servings of vegetables are recommended daily

One serving suggestion:

<u>Fruit</u>	<u>Vegetable</u>
½ cup fruit juice*	½ cup vegetable juice
½ cup medium-sized fruit	1 cup raw, leafy vegetables
½ cup fresh, frozen or canned fruit	½ to 1 cup cooked or other raw vegetables
¼ cup dried fruit	1 small baked potato

*Limit daily servings of fruit juice as it can lead to unnecessary weight gain

Other non-standard fruit examples include apricots, mangos and pineapples

Other non-standard vegetable examples include sweet potatoes, winter squash, or asparagus

Protein (meat, poultry, fish, eggs and beans) - Provides necessary protein, B vitamins and iron supplements. During the 2nd and 3rd trimester, protein is very crucial for a developing baby. 2+ servings of protein-rich foods are recommended daily

One serving suggestion:

- 2 tablespoons of peanut butter
- ½ cup cooked dried beans
- 1/3 cup nuts
- 2 -3 ounces of cooked lean meat, poultry or fish
- ½ cup tofu
- 1 egg

Examples may include peanut butter toast, scrambled eggs/omelet, salmon fillet, chickpeas/black beans, or soy nuts.

Dairy Products - Provides necessary vitamin A, vitamin D and calcium for developing baby's teeth and bones. 4+ servings are recommended daily

One serving suggestion:

- 1 cup calcium-fortified soy milk

This material has been provided by your doctor as an educational tool and is not meant to take the place of professional care. Please consult your doctor for any questions, concerns or changes in your condition.

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- 1 cup skim milk
- 2 ounces of processed cheese
- 1 cup yogurt
- 2 ounces of natural cheese

For those with lactose intolerance to dairy products, try calcium-fortified orange juice, lactose-free products, or use a lactase enzyme when eating or drinking dairy products

Fats and sweets - There are no minimum requirements. Watch portion sizes to avoid unnecessary weight gain.

<u>Sources</u>	<u>Key Nutrients</u>	<u>Benefits for Mother and Baby</u>
Milk, cheese, yogurt, sardines	Calcium - 1000mg	Healthy teeth and bones
Green peas, lima beans, broccoli oxygen green peas, lean red meat, fish and poultry	Iron - 27mg	Builds red blood cells for
Sweet potatoes; carrots; healthy skin dark, leafy greens	Vitamin A - 770mcg	Promotes bone growth, and eyesight
Broccoli, tomatoes, citrus fruits (e.g. oranges) gums	Vitamin C - 85mg	Helps with iron absorption; healthy teeth, bones and
Bananas; pork, liver, beef, ham; helps whole-grain cereals, breads fat	Vitamin B ₆ - 1.9mg	Builds red blood cells and body to use carbohydrates, and protein
Milk, fish, poultry, meat, liver helps	Vitamin B ₁₂ - 2.6mcg	Protects nervous system; to build red blood cells
Legumes and nuts; dark yellow fruits and vegetables; liver; functions green, leafy vegetables	Folic Acid - 400mcg	Produces blood and protein; assists with enzyme

Symptoms may include:

- Positive pregnancy test

What your doctor can do:

- Diagnose pregnancy and perform a physical exam
- Prescribe a prenatal vitamin, iron and folic acid supplement
- Recommend a balanced diet to include Grains, Fruits and Vegetables, Protein and Dairy products

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- Recommend small snacks and small meals throughout the day to help reduce nausea symptoms
- Monitor weight gain throughout pregnancy
- Refer to a nutritionist for meal planning
- Monitor chronic medical conditions related to diet like diabetes mellitus
- Recommend an exercise program

What you can do:

- Visit with your doctor BEFORE becoming pregnant
- Follow-up with your doctor regularly; keep all prenatal visits
- Eat a variety of foods daily to ensure that you receive the necessary nutrients. Refer to the food pyramid developed by the USDA for the latest recommendations (www.mypyramid.gov)
- Avoid alcohol beverages, illegal drugs or medications/supplements not prescribed by your physician.
- Avoid eating fish that may contain large levels of mercury like shark, swordfish, king mackerel, tilefish, or albacore tuna while pregnant. The high levels of mercury can be harmful to the developing baby.
- Avoid eating foods that may cause a bacterial infection called listeriosis like unpasteurized milk or soft cheeses; raw or undercooked meat, poultry or shellfish; or prepared meats like hot dogs or deli meats unless reheated to steaming hot
- Wash all fresh fruits and vegetables before eating to prevent bacterial infections

What you can expect:

- Morning sickness may change your eating habits
- Food cravings for certain foods
- Periods of increased or decreased appetite
- Weight gain

Consult with your doctor if you are thinking about becoming pregnant or if you are pregnant and need assistance with healthy food choices and meal planning.

Seek immediate medical attention if you are pregnant and are experiencing periods of uncontrolled nausea/vomiting, a severely decreased appetite, or any unexpected weight loss or weight gain.