



## **Nutrition During Pregnancy**

In most instances, how well you choose to eat during your pregnancy is the number one thing that will affect your over-all health and comfort during your pregnancy and into the postpartum period. Not only will your choice to eat healthy foods and plenty of them benefit your baby by providing all the building blocks your body needs for his growth and development, they also help you to remain strong and healthy as your body does this amazing and hard work of growing a baby inside you!

There are many different “pregnancy diets” out there, and nearly all claim to be the perfect one. But the truth is there is no one-size fits all diet that is going to work for every pregnant woman. There are some general guidelines that need to be followed however, and how you work them into your own eating patterns is up to you!

1. You need to gain at least 25 pounds. Healthy, normal pregnant women who neither restrict calories or constantly overindulge during pregnancy usually gain between 25 and 40 pounds.
2. As morning sickness will allow, you must eat a minimum of 75 grams of protein daily. 100 grams is better. The more diverse the sources, the better. Plan to eat beef, pork, chicken, fish, milk, cheese, nuts, beans, and lots and lots of eggs.
3. Take a prenatal vitamin. It doesn't have to be a prescription one, any type is fine with me. I recommend the Rainbow Light brand, as their supplements are broad spectrum and contain some herbs good for pregnancy, but whatever is most palatable to you is fine.
4. Salt your food to taste. Pregnant women need their blood volume to expand, and salt will do that. Don't be afraid of salt!

Some guidelines when it comes to food choices:

Protein: 6-8 oz. Of meat per day.

Dairy: 2-4 servings per day of milk, cheese, yogurt, cottage cheese, etc.

Whole Grains: 3-5 servings of bread, muffins, brown rice, whole grain noodles, etc.

Veggies: at least one green vegetable per day and 1-2 servings additional veggies daily

Fruits: 1-2 servings of fresh fruit every day.

Drink: drink water to thirst. The better hydrated you are, the less likely you are to faint, get bladder infections, and have irritating contractions.

Remember, eat when you are hungry, drink when you are thirsty, and try to make sure all your meals and snacks contain some source of protein. Attached is a chart showing the protein content of various foods.

## High Protein Foods List:

