

Nutrition and Pregnancy

Eating a healthy diet during pregnancy will ensure that you are taking in enough nutrients to support the demands pregnancy places on your body. It is important to eat healthy foods and vary your diet to get all the nutrients you need (Refer to chart for recommended servings). Remember, you only need to increase your calorie intake by 300 calories per day.

Diet Recommendations

- A healthy diet should include high fiber foods that are enriched. Examples include cereals, pasta, rice, whole grain breads, fruits and vegetables.
- Iron rich foods will help you get enough of this important element to needed during pregnancy and breastfeeding. Sources include red meats, green leafy vegetables, molasses, liver, and nuts such as almonds, pistachios, and cashews.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Use sweets, sugars and soft drinks only in moderation.
- Eat small to moderate sized meals at regular intervals.
- Caffeine should be limited to 2-3 servings or less daily. Coffees, colas, teas, and chocolate are sources of most caffeine intake.
- Prenatal vitamins ensure you are consistently getting enough vitamins and minerals everyday.

Special Food Considerations

- Artificial Sweeteners can be used in moderation in pregnancy. Approved sweeteners include aspartame (Equal or Nutrasweet), sucralose (Splenda), and acesulfame (Sunett). Saccharin (Sweet-N-Low) should be avoided during pregnancy.
- Unpasteurized milks and cheeses should be avoided during pregnancy. Most soft cheeses are often unpasteurized. Pasteurized cheeses including most hard cheeses, processed cheese, cream cheese, and cottage cheese need not be avoided.
- Raw, undercooked, deli meats and hot dogs are examples of foods to be avoided unless they are reheated until steaming hot.
- Watch for mercury in fish. Certain fish should be avoided due to high levels of mercury content. Swordfish, shark, king mackerel, and tile fish should be avoided. Check with local health department before eating game fish (trout, salmon, or bass). Limited tuna and albacore to 6 oz. per week. Cooked shellfish is fine when limited to 12 oz per week. Avoid raw fish like sushi, oysters, and clams.

Nutrition and Pregnancy (Cont'd)

Food Group	No. of Servings	Example of single servings
Bread	9	1 slice of bread, ½ cup cereal, rice, or pasta
Vegetables	4	½ cup cooked vegetables or 1 cup of raw vegetables.
Fruit	3	1 medium fruit, ¼ cup raisins 4 ounce glass of juice
Meat, Eggs, & Nuts	3	2-3 ounces of poultry, fish, or meat, 1 egg, 2 tbs peanut butter
Dairy products	3	1 cup of milk or yogurt, 1 ½ ounce low-fat cheese

Weight Gain In Pregnancy

Weight Status	Weight Gain (in pounds)
Underweight	28-40
Normal Weight	25-35
Overweight	15-25
Obese	15
Carrying Twins	35-45