

Prepared For:		Date:	
Prepared By:		Contact:	

Multiple Gestation Nutrition Therapy

Nutrition During Pregnancy

- Eating a healthy balanced diet will help you and your babies get the nutrition you need.
- By eating a variety of healthy foods, you should be able to get all the nutrients that you need for pregnancy from food and prenatal vitamins.
- Taking your vitamins with a meal will help you better tolerate and absorb them.
- Try to eat 3 meals and 3 snacks each day to get the nutrition you need for your body and your growing babies.
- As your babies get bigger, you may feel like there is less room in your body for food. Eating smaller, more frequent, meals and snacks can help you continue to get the nutrition you need.
- An additional 500-600 calories per day is recommended while pregnant with twins and possibly more if you are expecting more than 2 babies.
- Extra calories should be from nutritious foods, such as lean meats, *low-fat* or *fat-free* dairy products, fruits, vegetables, and whole grain breads and cereals.
- Drink approximately 12 (8-fluid ounces) cups of water or other beverages (caffeine-free or 100% fruit juice) throughout the day.

Daily Meal Planning Guidelines

- Have at least 3 cups of *low-fat* or *fat-free* dairy foods for adequate calcium and vitamin D intake.
- Eat at least 3 cups of vegetables (including at least 1 serving of dark green or orange vegetables).
- Have at least 2 cups a day of fruit. Limit juice to 100% fruit juice and only 1 cup a day.
- Eat at least 5 to 7 ounces of grain foods like whole grain bread, cereal, or pasta. At least half your grains should come from whole grains.
 - Choose cereals and bread products that are fortified with iron. These, along with your prenatal vitamin, will meet your iron needs during pregnancy.
- Eat at least 5 to 6 ounces of protein like servings of *lean* meat, fish, or poultry.
- If you do not eat meat, try similar amounts of other foods with protein, like cooked dried beans or lentils, tofu or soy, eggs, nuts, and peanut butter.

Foods Recommended

Remember to eat a wide variety of foods. The foods below are good examples of foods that are good sources of the nutrients your body needs most when you are pregnant.

Food Group	Amount per Day	Recommended Foods	Examples
Dairy	3 cups	Low-fat yogurt Fat-free milk (skim milk) Low-fat milk (1% milk) Reduced-fat cheese or cottage cheese Part skim ricotta cheese, cream cheese	1 cup milk 8 ounces yogurt 1 ½ ounces cheese 2 ounces processed cheese
Fruits	2 cups or more	Fresh, frozen, canned, and dried fruits Fruit juices and nectars	1 cup = 1 medium piece of fresh fruit ½ large fruit like grapefruit or mango 1 cup chopped, cooked, or canned fruit 1 cup (8 fluid ounces) 100% juice ½ cup dried fruit
Grains	5 to 7 ounces	Fortified ready-to-eat cereals Fortified cooked cereals Wheat germ Whole grain bread Pasta and rice	1 ounce = 1 slice whole wheat bread 1 cup ready-to-eat cereal ½ cup cooked cereal, rice, or pasta ½ bun, small bagel, or English muffin
Meat and Other Protein Foods	5 to 6 ounces	Cooked dry beans and peas (such as pinto beans, soybeans, white beans, lentils, kidney beans, chickpeas) Nuts and seeds (such as sunflower seeds, almonds, hazelnuts, pine nuts, peanuts, and peanut butter) Lean beef, chicken, turkey, lamb, and pork Shrimp, clams, oysters, and crab Halibut, cod, rainbow trout, herring, sardines, rockfish, and yellowfin tuna	1 ounce = 1 ounce meat, fish, or poultry 1 large egg ¼ cup tofu ½ cup cooked beans 1 tablespoon peanut butter ⅓ cup unsalted nuts
Vegetables	3 cups or more	Fresh, frozen, and canned vegetables Vegetable juices (low-sodium varieties)	1 cup = 2 cups raw, leafy vegetables 1 cup cooked vegetables 1 cup (8 fluid ounces) juice

Foods Not Recommended

Beverages

- Alcohol
- Excessive caffeine
- Some types of herbal tea: Avoid drinking herbal teas. If you must, then speak with your doctor before drinking.

Meat and Poultry

- Raw or uncooked meats, fish, poultry, or eggs

- Foods high in mercury:
 - Shark
 - Swordfish
 - King mackerel
 - Tilefish
- Limit all other fish (including tuna) to 12 ounces or less per week
- Hot dogs, luncheon meats, bologna, or other deli meats unless they are heated until steaming hot

Dairy Products

- Raw or unpasteurized milk; cheese and dairy products made with raw or unpasteurized milk.
- Soft serve yogurt
- Soft cheese like brie
- Blue cheese like gorgonzola

Fruits and Vegetables

- Raw sprouts
- Unpasteurized apple cider or juices

Other Items to Avoid

- Tobacco
- Illicit drugs
- Herbal remedies or supplements. If you do use any teas, herbs or home remedies, be sure to discuss with your doctor to be sure that they are safe for you and your baby.
- Vitamin or mineral supplements other than those recommended or prescribed by your doctor, nurse practitioner, or midwife.

Multiple Gestation Sample 1-Day Menu

Breakfast	1/2 cup low-fat milk for smoothie 1 banana for smoothie 1/4 cup frozen berries 1/2 cup plain low-fat yogurt for smoothie 2 tablespoons peanut butter 2 slices whole wheat toast
Morning Snack	1 cup sliced vegetables 1.5 oz cheddar cheese 15 whole wheat crackers
Lunch	2 slices whole-wheat bread 1 tablespoon reduced-fat mayonnaise 3 carrot sticks 3 celery sticks 1/4 cup lettuce for sandwich 2 slices of tomato for sandwich 1 cup low-fat milk 2 oz grilled chicken breast 1 medium apple
Afternoon Snack	1/4 cup lettuce 2 slices of tomato 1 6-inch wheat tortilla 1 egg, hard-boiled or scrambled 1 teaspoon margarine
Evening Meal	1 small tossed salad 1 cup mashed potatoes 4 oz roast beef 1/2 cup cooked broccoli 2 tablespoons gravy 2 tablespoons vinaigrette dressing
Evening Snack	1 medium pear or apple 1 cup low-fat or fat-free milk 1 tablespoons peanut butter

Notes