

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

# Pregnancy Nutrition Therapy

## Nutrition During Pregnancy

- Eating a healthy balanced diet will help you and your baby get the nutrition you need.
- By eating a variety of healthy foods, you should be able to get all the nutrients you need for pregnancy from food and prenatal vitamins.
- Taking your vitamins with a small meal or snack will help you better tolerate and absorb them.
- 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-ounce) 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 cup of dark-green or orange vegetables that are high in vitamin C).
- Have at least 2 cups of fruit. Limit juice to 100% fruit juice and only 1 cup a day.
- Eat at least 5 to 7 ounces of grains such as 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 such as lean meat, fish, or poultry. If you do not eat meat, try similar amounts of other foods with protein, such as cooked dried beans or lentils, tofu or soy, eggs, nuts, or 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	Foods Recommended	Examples
Dairy	3 cups	Low-fat yogurt Fat-free (skim) milk Low-fat (1%) milk Reduced-fat cheese or cottage cheese Part skim ricotta cheese	1 cup milk 8 ounces yogurt 1½ ounces cheese 2 ounces processed cheese

Fruits	2 cups or more	Fresh, frozen, canned, and dried fruits Fruit juices and nectars	<b>1 cup =</b> 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% fruit 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	<b>1 ounce =</b> 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
Protein Foods	5 to 6 ounces	Cooked dried beans and peas, such as pinto beans, soybeans, white beans, lentils, kidney beans, and 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	<b>1 ounce =</b> 1 ounce meat, fish, or poultry 1 large egg ¼ cup tofu ¼ cup cooked beans 1 tablespoon peanut butter ½ ounce unsalted nuts
Vegetables	3 cups or more	Fresh, frozen, and canned vegetables Vegetable juices (low-sodium varieties)	<b>1 cup =</b> 2 cups raw, leafy vegetables 1 cup cooked vegetables 1 cup (8 fluid ounces) juice

### Foods Not Recommended

Food Group	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, Fish, and Poultry	Raw or uncooked meats, fish, poultry, or eggs Avoid fish with high mercury levels, such as shark, swordfish, king mackerel, and tile fish Eat no more than 12 ounces per week of fish and shellfish that have lower concentrations of mercury, including shrimp, canned light tuna, salmon, pollock, and catfish Albacore (white) tuna has more mercury than canned light tuna. Limit it to 6 ounces per week. If no advice is available about locally caught fish, do not eat more than 6 ounces 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 cheese, such as brie Blue cheese, such as gorgonzola
Fruits and Vegetables	Raw sprouts Unpasteurized apple cider or juices
Other	Tobacco Illicit drugs Herbal remedies or supplements. If you do use any teas, herbs, or home remedies, 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

## Pregnancy Sample 1-Day Menu

<b>Breakfast</b>	1 1/2 cups ready-to-eat, fortified cereal 1 cup low-fat or fat-free milk 1 cup orange juice Hot Beverage
<b>Morning Snack</b>	5 whole-wheat crackers 1.5 oz cheddar cheese
<b>Lunch</b>	2 slices whole-wheat bread 2 oz skinless chicken breast 1/4 cup lettuce 2 slices tomato 1 teaspoon mustard 1/2 cup carrot and celery sticks 1 banana
<b>Afternoon Snack</b>	1 cup low-sodium tomato or vegetable juice 1 apple
<b>Evening Meal</b>	3 oz roast beef 1 cup mashed potatoes 1 cup cooked broccoli 2 cups tossed salad 2 tablespoons vinaigrette salad dressing
<b>Evening Snack</b>	5 graham crackers 1 tablespoon peanut butter 1 cup low-fat or fat-free milk

## Vegetarian Pregnancy Sample 1-Day Menu

<b>Breakfast</b>	1 cup fortified ready-to-eat cereal 1 cup 1% milk 1 cup orange juice fortified with calcium and vitamin D
<b>Morning Snack</b>	½ whole wheat bagel with raisins
<b>Lunch</b>	2 slices whole wheat bread 2 tablespoons peanut butter 4 celery sticks 4 carrot sticks 1 cup diced cantaloupe 1 cup 1% milk
<b>Afternoon Snack</b>	3 tablespoons almonds 6 whole wheat crackers 4 ounces fat-free fruited yogurt fortified with vitamin D
<b>Evening Meal</b>	Stir fry made with: ¾ cup tofu 1 cup broccoli 1 tablespoon soy sauce 1 tablespoon canola oil 1 cup brown rice 1 cup kale 1 medium apple
<b>Evening Snack</b>	½ cup carrots ¼ cup hummus 1 cup 1% milk

## Notes