

# Healthy Eating During Pregnancy

Pregnancy is a time of great change. Your body is changing to allow your baby to grow and develop. Good nutrition will help you meet the extra demands of pregnancy while keeping you and your baby healthy.

Pregnancy increases your need for calories, protein and vitamins and minerals.

Try to eat the daily recommended servings for each food group to help insure a healthier pregnancy. A variety of foods is best.

It is up to you to make good food choices for you and your baby.

Food Group	One Serving would be:
<b><u>Milk, Yogurt and Cheese</u></b> (4-5 servings per day)	<ul style="list-style-type: none"><li>• 1 cup milk, white or chocolate</li><li>• 1 ½ oz. cheese</li><li>• 1 cup yogurt or custard</li><li>• 2 cups cottage cheese</li></ul> If you are lactose intolerant, try Lactaid milk products.
<b><u>Meat, Poultry, Fish, Dry Beans, Eggs and Nuts</u></b> (2-3 servings per day or 6-7 ounces total)	<ul style="list-style-type: none"><li>• Beef</li><li>• Turkey</li><li>• Chicken</li><li>• Pork</li><li>• Fish</li><li>• Organ meats</li></ul>

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Food Group	One Serving would be:
	<ul style="list-style-type: none"> <li>• Lamb</li> <li>• Eggs, 1 egg = 1 oz. meat</li> <li>• Cheese, 1 slice = 1 oz. meat</li> <li>• Peanut butter, 1 Tbsp. = 1 oz. meat</li> <li>• Dried beans, cooked, ½ cup = 1 oz. meat</li> </ul>
<p><b><u>Fruits</u></b> (3-4 servings per day)</p>	1 medium fruit, ½ cup juice or fruit
<p><b><u>Vegetables</u></b> (4-5 servings per day)</p>	½ cup cooked or 1 cup raw vegetables
<p>Choose one good source of Vitamin C each day. Examples include:</p>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Cantaloupe</li> <li>• Grapefruit</li> <li>• Green peppers</li> <li>• Greens</li> <li>• Melon</li> <li>• Orange juice</li> <li>• Oranges</li> <li>• Strawberries</li> <li>• Tomatoes</li> </ul>
<p>Choose one good source of Vitamin A every other day. Examples include:</p>	<p>Dark green or orange vegetables or fruits such as:</p> <ul style="list-style-type: none"> <li>• Apricots</li> <li>• Carrots</li> <li>• Spinach</li> <li>• Sweet potatoes</li> </ul>
<p><b><u>Bread, Cereals, Rice and Pasta</u></b> (9-11 servings per day) 1 serving = ½ cup or 1 slice</p>	<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Breads</li> <li>• Cereals</li> <li>• Macaroni</li> </ul>

Food Group	One Serving would be:
	<ul style="list-style-type: none"> <li>• Noodles</li> <li>• Rice</li> <li>• Spaghetti</li> </ul>
<b><u>Fats and Oils</u></b>	Use only small amounts of margarine, salad dressings and oils.

## Special Concerns

### • Weight Gain

Pregnancy is **not** the time to lose weight, even if you are overweight. The average weight gain during pregnancy for a normal weight female is 25 to 35 pounds. You should gain 2 to 4 pounds in the first 3 months and about 3/4 to 1 pound per week after that. If you were under or over weight before pregnancy, ask your dietitian about how much weight you should gain.

Pregnant women only need to add 300 calories a day to their diet to take care of the baby. "Eating for two" is an old fashioned idea that is no longer true. If you are gaining too much weight too fast, you may be "eating for two", or you may be eating foods too high in fat and sugar.

### **If you are gaining weight too fast:**

- ▶ Limit sweets and high fat foods such as soda pop, candy, pastry, cakes, cookies and doughnuts. For dessert, choose fruit or an occasional serving of frozen yogurt, sherbet, pudding or jell-o. Choose more low-fat products.
- ▶ Use very little margarine, sour cream, mayonnaise and salad dressing. Try reduced calorie varieties.
- ▶ Avoid fried foods. Choose baked, broiled, grilled chicken, fish or turkey.
- ▶ Keep servings sizes moderate and do not skip meals.

- **Nausea**

Keep crackers by your bed and eat a few upon waking, then stay in bed for 10 to 15 minutes. Try 3 to 4 baked potato chips and 1 cup of regular lemonade to decrease nausea.

- ▶ Eat smaller, more frequent meals instead of 3 large meals.
- ▶ Lie down or sit quietly after eating.
- ▶ Avoid high fat or fried foods. Broil or bake meats.
- ▶ Drink liquids in between meals, instead of with them.
- ▶ Try citrus flavored beverages or tart or sweet hard candies.

- **Constipation**

- ▶ Drink 6 to 8 cups of liquid each day. Choose water, juices and milk.
- ▶ Eat plenty of fiber-rich foods such as raw fruits and vegetables, whole grains, high-fiber cereal, high-fiber granola bars and cooked dried beans.
- ▶ Ask your doctor if you can exercise.

- **Alcohol**

Avoid alcoholic beverages completely. Drinking alcohol can lead to physical and mental disorders for your baby.

- **Vitamins And Minerals:**

You use more of some nutrients when you are pregnant. You will get most of the nutrients you need if you eat a diet that includes a variety of foods. Your doctor or nurse may order a vitamin – mineral supplement called a prenatal vitamin. It may contain iron, folic acid and Vitamin B6. Be sure to take your prenatal vitamin with food to help increase the absorption of vitamins and minerals.

- **Caffeine**

Limit caffeinated beverages such as regular coffee, tea and cola to no more than 1 to 2 cups a day.

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**