

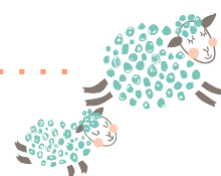
# Nutritional Guidelines for Pregnancy



One of the best things a mom can do to give her baby a great start in life is to eat nutritiously before and during pregnancy. But you don't need to eat "perfectly" or add unnecessary stress. Keep these guidelines handy and just do your best.

Moms with gestational diabetes, high blood pressure or any other concerns may need to consult with a nutritionist or doctor before adhering to these guidelines.

BEST FOODS			
	Examples	How Much?	More to Know
<b>Fruits and vegetables</b>	All kinds, but especially broccoli, dark green leafy vegetables (e.g., kale, spinach, chard), avocado, orange and yellow produce (sweet potato, carrot, bell pepper, mango), berries	5-10 tennis ball-size servings every day <ul style="list-style-type: none"> <li>• 2 servings should be dark green leafy</li> <li>• 1 serving should be yellow or orange</li> </ul>	<p>Broccoli and leafy greens contain most of the nutrients that pregnant women need, including vitamin C, vitamin K, vitamin A, calcium, iron, folate and potassium. They're rich in fiber, which may help prevent or treat constipation.</p> <p>Avocados are high in monounsaturated fatty acids, fiber, B vitamins (especially folate), vitamin K, potassium, copper, vitamin E and vitamin C.</p> <p>Sweet potatoes are high in beta-carotene, a plant compound that the body converts into vitamin A, which is essential for healthy fetal development.</p> <p>Berries are packed with water, healthy carbs, vitamin C, fiber and antioxidants.</p>
<b>Lean protein</b>	Lean meat and poultry, eggs, cheese, milk, yogurt, nuts and seeds, legumes (e.g., lentils, peas, beans, chickpeas, soybeans/tofu, peanuts), some cooked fish and shellfish	2-3 servings, or 65-70 g total daily ( <i>see the Protein Counter on page 2</i> )	<p>Beef and pork are rich in iron and B vitamins, which are needed in higher amounts during pregnancy.</p> <p>Legumes are also excellent plant-based sources of fiber, iron, folate and calcium.</p> <p>Salmon and sardines contain heart-healthy omega-3 fatty acids, which help build a baby's brain and eyes. Salmon is also one of the few natural sources of vitamin D.</p> <p>It's safe to eat most cooked fish and shellfish but you should limit or avoid consumption of fish with higher levels of mercury. (<i>See "Foods to Limit" and "Foods to Avoid" on page 2.</i>)</p>
<b>Whole grains</b>	Oatmeal, whole-grain pasta or breads, brown rice, quinoa	6-9 servings daily; at least half of your daily carbohydrate intake	Unlike refined grains, whole grains are generally high in fiber, B vitamins and magnesium. Oats and quinoa also contain a good amount of protein.
<b>Dairy</b>	Milk, yogurt, cheese	3-4 servings daily	Yogurt contains more calcium than most other dairy products.
<b>Water</b>		8-12 cups (64-96 oz.) daily	Adequate hydration is important since blood volume increases during pregnancy. It may also help prevent constipation and urinary tract infections.



FOODS TO LIMIT			
	Examples	How Much?	More to Know
Fats and sweets	Olive oil, butter, honey, maple syrup, agave syrup	Sparingly	A small amount helps the body to utilize vitamins.
Caffeine	Coffee, tea, soda, chocolate	up to 200 mg daily	<ul style="list-style-type: none"> <li>• 12 oz. coffee = 200 mg</li> <li>• 12 oz. tea = 25-75 mg</li> <li>• 12 oz. cola = 35 mg</li> </ul>
Fish with moderately high levels of methyl mercury	Albacore "white" tuna, skipjack "light" tuna	up to 6 oz. a week	Canned "light" tuna has less mercury than albacore "white" tuna and is safer to eat during pregnancy.

FOODS TO AVOID		
	Examples	More to Know
Alcohol	Liquor, beer, wine, wine coolers, hard cider, hard seltzer	Alcohol in a mom's blood can pass directly to the baby through the umbilical cord. Heavy use of alcohol during pregnancy has been linked with fetal alcohol spectrum disorders and learning and behavioral difficulties in babies and children.
Fish with high levels of methyl mercury	Swordfish, shark, king mackerel, marlin, orange roughy, tilefish, tuna steak	Methyl mercury is a toxic chemical that can pass through the placenta. It can be harmful to an unborn baby's developing brain, kidneys and nervous system.
Unpasteurized foods	<ul style="list-style-type: none"> <li>• Raw milk and foods made from it, e.g., unpasteurized feta, Brie, Camembert, blue-veined cheeses, queso blanco, queso fresco</li> <li>• Hot dogs, luncheon meats and cold cuts (unless heated to steaming hot before eating to kill any bacteria)</li> <li>• Store-bought deli salads, e.g., made with ham, chicken, tuna or seafood</li> <li>• Unpasteurized refrigerated meat spreads or pates</li> <li>• Unpasteurized juice or cider.</li> </ul>	<p>Pregnant women are at a higher risk for listeriosis, a food poisoning caused by the <i>Listeria</i> bacteria, which may be found in unpasteurized foods. Listeriosis may cause miscarriage, stillbirth, preterm labor, and illness or death in newborns.</p> <p>Some foods may increase the risk for other types of food poisoning, including illness caused by salmonella and <i>E. coli</i> bacteria. Pasteurized products, which have been heated to a high temperature to kill harmful bacteria, are safe.</p>
Rare/raw meat and fish	<ul style="list-style-type: none"> <li>• Rare, raw or undercooked meats and poultry</li> <li>• Raw fish, e.g., sushi, sashimi, ceviche, carpaccio</li> <li>• Raw or undercooked shellfish, e.g., clams, mussels, oysters, scallops</li> </ul>	Pregnant women are at a higher risk for toxoplasmosis, an infection caused by a parasite sometimes found in raw meat and fish. It can be passed from mom to baby, causing blindness and mental disability later in life.
Raw/undercooked eggs and sprouts	<ul style="list-style-type: none"> <li>• Soft-cooked, runny or poached eggs</li> <li>• Foods containing undercooked eggs, e.g., raw cookie dough, cake batter, tiramisu, chocolate mousse, homemade ice cream, homemade eggnog, Hollandaise</li> <li>• Raw or undercooked sprouts, such as alfalfa, clover</li> </ul>	These foods may increase your risk for food poisoning caused by salmonella or <i>E. coli</i> .

## PROTEIN COUNTER

Milk/Yogurt: 1 c. = 7-8 g Cottage cheese: 1/2 c. = 12 g Egg: 1 large = 6 g Chicken: 3 oz. = 25 g Beef: 3 oz. = 20g  
 Fish: 3 oz. = 16-26 g Peanut butter: 1tbsp. = 4 g Lentils: 1/2 c. = 12 g Chickpeas: 1/2 c. = 7 g Pasta: 1 c. = 7 g  
 Bread: 1 slice = 2 g Quinoa: 1 c. = 8 g

REDEEMER BABY

You can find more information about all stages of pregnancy at [redeemberbaby.com](http://redeemberbaby.com).

