

NUTRITION AND PREGNANCY

Important Foods

Calcium:

Calcium is so important because it provides you and your baby with strong bones and teeth. Calcium also helps your circulatory, muscular, and nervous systems run normally. When pregnant it is important to consume about 1,200 milligrams of calcium a day, this is equal to about 3-4 servings of calcium a day.

Foods containing calcium:

Yogurt	Milk
Cheese	Ice Cream
Calcium Fortified Juices	Salmon
Spinach	Cereal

Fruits and Vegetables:

Fruits and vegetables are important during pregnancy because they provide you with important vitamins and minerals needed. Fruits and vegetables provide vitamins A & C, folate, magnesium, and potassium. They also provide fiber, which aids in digestion. The vitamin C found in fruits and vegetables helps you absorb iron and promotes healthy gums for both you and your baby. When pregnant choose five or more servings of fruits and vegetables per day. ½ c. of fruit or veggies or 1 medium sized piece of fruit equals one serving.

Apples	Bananas	Oranges	Grapefruit
Pineapple	Mango	Grapes	Apricots
Peaches	Peas	Broccoli	Green Beans
Cabbage	Lettuce	Carrots	Cauliflower
Sweet Potatoes			

Meats/Meat Alternatives:

Foods in this group have plenty of protein, as well as B vitamins and iron. Protein is crucial for your baby's growth, especially during the second and third trimesters. Choose at least two or more servings of protein-rich foods per day. Remember, 2 to 3 ounces of meat, poultry or fish equal one serving. As well as 1 egg, ½ c of beans, 1/3 c of nuts, or 2 tbsp of peanut butter.

Protein rich food:

Beef	Poultry	Fish
Eggs	Nuts	Dry Beans

**Remember avoid fish with high mercury levels!*

Breads/Cereal:

Grains provide essential carbohydrates, your body's main source of energy. Many whole-grain and enriched products also contain fiber, iron B vitamins, various minerals and protein. Fortified cereals can help you get enough folic acid. Choose six to nine servings of grain per day. ½ c of hot or cold cereal, ½ c of cooked pasta or rice, and 1 slice of bread equals a serving.

Grains:

Whole Grain Pasta	Rice	Oatmeal
Cereal	Bread	

Fats/Oils/Sweets:

Fats, oils and excessive sugar are not needed when pregnant. Try to avoid a lot of pop, cookies, and desserts. Ice cream may be a good choice for dessert since it provides calcium. Omega 3 fatty acids are important in your diet, but these are found in most fish and fish oils and are supplied by your prenatal vitamin.

References:

Pregnancy nutrition: Foods to avoid during pregnancy. Retrieved October 4, 2009 from <http://www.mayoclinic.com/health/pregnancy-nutrition> Youngkin, E. Q. and Davis, M.S. (2004). Women's Health: A Primary Care Clinical Guide. 3rd ed. Pearson: New Jersey