

Pregnancy Series



Managing a healthy weight during pregnancy

Calorie Intake

During each trimester

- The 1st trimester does not require any additional calories.
- The 2nd trimester requires an extra 340 calories per day.
- The 3rd trimester requires an average of 450 additional calories per day.

Recommend Weight Gain

Per pre-pregnancy weight

- Underweight: 28 to 40 pounds
- Healthy: 25 to 35 pounds
- Overweight: 15 to 25 pounds
- Obese: 11 to 20 pounds

Physical Activity

Helps manage healthy weight

- It is recommended that pregnant women aim for 30 minutes of physical activity daily or 150 minutes weekly.
- Walking and yoga are great forms of low to moderate exercises.



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Maintaining a healthy diet during pregnancy

A Varied Diet

Carbohydrates: Consume complex carbs such as whole grains, vegetables, legumes, and beans.

Protein: Increase protein and choose high-protein foods such as eggs, nuts/nut butters, seeds, fish (*avoid high-mercury), lean meats, greek yogurt, tofu, and cheese.

Fruits & Veggies: Consuming a colorful variety provides many nutrients for baby's development.

Fat: Consume a healthy balance of fats such as olive oil, walnuts, avocado, pumpkin seeds, and fatty fish like salmon.



Fiber

20-35g daily

Fiber is essential for maintaining regularity, healthy gut, and preventing hemorrhoids

- Eat whole grains, vegetables, legumes, and fruits.
- Make sure to increase your intake of fluids along with the increase of fiber-rich foods.

Fluids

80 ounces (or 2.4 Liters) daily

- Limit caffeine to 200mg (about two 8oz cups) per day.
- Drink plenty of water to prevent dehydration.
- Adequate hydration decreases risk of a urinary tract infection.

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Key nutrients for a healthy pregnancy

Folate & Folic Acid

400 mcg daily

Reduces the risk of birth defects that can affect spinal cord development

- Natural food sources of folate include legumes, green leafy vegetables and citrus fruits (oranges, tomatoes, strawberries, etc.).
- Folic acid can be consumed in supplemental form and through fortified and enriched foods such as cereals, pastas and breads.



Iron

27 mg daily

As your body changes, so does the volume of blood in your body. Iron is needed to create more blood to supply oxygen to your baby

- Consume high-iron foods such as red meats, chicken, fish, fortified cereals, spinach, dark leafy greens, and beans.

Calcium

1,000-1,300 mg daily

Helps development of baby's teeth, bones, heart, nerves and muscles

- Aim for 3 daily servings of calcium-rich foods such as low-fat or fat-free milk, yogurt, cheese or calcium-fortified soy beverages.

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8 Things To Avoid During pregnancy



1 Unpasteurized milk, cheese, & fruit juice

- Avoid unpasteurized milk, cheese, or fruit juice, as these foods increase the risk of bacterial infections.

2 Alcohol & Caffeine

- Drinking alcohol can increase the risk of miscarriage, stillbirth, and fetal alcohol syndrome.
- Consuming high amounts of caffeine during pregnancy can restrict baby's growth and cause low birth weight.



High Mercury & Raw Fish

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- Avoid high-mercury fish including shark, swordfish, tuna, and marlin.
- Raw fish and shellfish can be contaminated with bacteria and parasites.



Raw & Processed Meats

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- Raw or processed meat may contain harmful bacteria or nitrates. To ensure safety, meat should be cooked or heated all the way through.

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8 Things To Avoid During pregnancy



5 Raw Eggs

- Raw eggs may be contaminated with Salmonella, and may put you and your baby at risk for illness.
- Be sure to thoroughly cook eggs before eating.



6 Raw Sprouts

- Raw sprouts may be contaminated with bacteria.
- Only eat them thoroughly cooked.



Organ Meat

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- Although organ meat (liver & kidney) is a great source of iron, vitamin B12, vitamin A, and copper, it is important to not consume too much vitamin A during pregnancy.
- Limit your intake of organ meats to a few ounces once per week.

Unwashed Produce

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- Fresh fruits and vegetables can be contaminated with harmful bacteria.
- It's important to thoroughly wash all fruits and veggies with plenty of clean water before consuming.