

NUTRITION FOR PREGNANCY

REQUIREMENTS:

3 balanced meals and 2-3 snacks per day

- 5-9 fruits and vegetables a day
- 3-4 servings milk product per day
- 2-3 servings protein (limit fish servings to 2-6 oz 2x/week)
- Whole grain bread/cereals
- 25-35 grams fiber and 6-8 cups water a day
 - Helps prevent constipation
 - Increases satiety
 - Improves blood sugar (GDM)
- Iron 30 mg/day
- Folic acid 600 mcg/day
 - Food sources: lentils, beans, spinach, orange juice, wheat germ, nuts, fortified cereals
 - Deficiency can cause neural tube defects in baby and megaloblastic anemia in mom
 - Should be taking prior to conception
- DHA for development of CNS: Fish Oil 1 capsule PO daily

ANEMIA (Hgb > 10 mg/dl):

- Refer to dietician
- Ferrous Gluconate 325 mg PO daily or BID
 - Do not take with milk/tea/coffee
 - Take between meals & take with Vitamin C source
 - Iron can cause constipation
- Food Sources: Beef, pork, tuna, shrimp, beans, fortified cereal, spinach, raisins

FOODS & SUBSTANCES TO AVOID DURING PREGNANCY

- Alcohol: Avoid entirely
- Vitamin A supplements: Avoid completely
 - High doses can be teratogenic
- Possible sources of salmonella and listeria: Avoid
 - Raw or partially cooked eggs (salmonella)
 - Soft- and mold-ripened cheeses (listeria), like Queso Fresco
- Fish: Avoid those that have high levels of mercury and PCBs
 - MN Fish: walleyed, northern pike, musky
 - Commercial: shark, swordfish, tile fish, mackerel, fresh tuna, halibut, orange roughy
- Caffeine: Limit, but does not need to be eliminated
 - 200 to 300 mg per day appears to be safe
- Artificial sweeteners: Safe to consume

WEIGHT GAIN

- All women should gain weight during pregnancy, regardless of pregravid weight
- Typical Recommendations:
 - Underweight (BMI<19.8) = 28-40 pounds
 - Normal weight (BMI 19.8-26) = 25-35 pounds
 - Overweight (BMI > 26-29) = 15-25 pounds
 - Obese (BMI>29) = at least 15 pounds
- Typical pattern of weight gain:
 - First trimester: 2 to 5.5 pounds
 - Second trimester: 0.5 to 1 pounds/week
 - Third trimester: 0.7 to 2 pounds/week
- Insufficient weight gain can lead to:
 - Increased metabolism of energy stores, leading to production of ketones
 - Increased risk of giving birth to a low birth weight infant
 - LBW infants often have more complications at birth
- Excessive weight gain can lead to:
 - Increased risk for complications
 - Increased fetal size and incidence of birth defects
 - Decreased ability to do daily activities late in pregnancy
 - More difficult for the mother to lose the weight

VEGETARIANS:

- Can meet nutrient and energy needs to give birth to babies with normal weights
- Focus on energy-rich foods, like soymilk, tempeh, tofu, beans, nuts, seeds, oils, avocados
- Can get adequate calcium and vitamin D through fortified soymilk
- Will probably need supplementation for: iron, zinc, vitamins B12 and D.

REFERNCES:

Laura Freiburger, MS, RD "Nutrition in Pregnancy" March 2007