

PRENATAL NUTRITION

Pregnant women should limit their intake of cooked fish to 12 oz. a week because of high mercury content in some fish. Avoid large fish such as king mackerel, tilefish, shark, and swordfish. Also limit tuna, cod, red snapper, and lobster.

1. Proper nutrition during pregnancy ensures a healthy mother and baby. Unnecessary avoidance of certain foods may lead to nutrition inadequacies and is not recommended.
 - Add an extra 300 calories a day to your usual diet before pregnancy.
[e.g. peanut butter sandwich (½) + low fat milk (1 c.) = 300 calories]
 - Avoid cigarettes, alcohol, herbs, and medications (unless prescribed).
 - Limit caffeine containing beverages such as tea, coffee, and cola drinks.
2. Adequate weight gain is important for the development of the baby. If you are at normal weight, a total gain of 25- 35lbs. is recommended. You should gain about 3-4 lbs. in the first 3 months of the pregnancy and 1 lb. per week after thereafter. Underweight women should gain at a slightly higher rate and overweight women at a slightly lower rate.
3. Tips to relief nausea and vomiting:
 - Small, frequent dry meals of easily digested carbohydrate foods such as crackers or toast
 - Drink liquids in between meals
 - Avoid high fat foods, spicy foods, and strong smelling foods
 - Keep rooms well ventilated to reduce cooking odors
4. Tips to relief heartburn:
 - Small, frequent meals
 - Chew foods thoroughly and eat slowly
 - Avoid lying in a reclining position after meals
5. Tips to relief constipation
 - Increase fluids (prune juice helpful)
 - Eat more high fiber foods such as whole grain breads, bran cereals, fresh or dried fruits, and raw or cooked vegetables.
 - Regular exercise

DAILY FOOD GUIDE FOR PREGNANT WOMEN

Food Group	Servings	One Serving Equals
Milk and milk products (choose fat-free or low fat)	3 or more	1 c. milk / yogurt 1-2 oz. cheese 1 c. enriched soymilk
Meat (choose nuts and beans more often)	6	1 oz. lean meat, fish or poultry 1 egg 2 oz. tofu 1 Tb. peanut butter 1/4 c. cooked beans 1/2 oz. nuts or seeds
Fruits & Vegetables	5 at least 1 vitamin C rich at least 1 vitamin A rich	1 fruit 1 c. cut up fruit or juice 2 c. raw vegetables 1 c. cooked vegetables
Breads, Cereals, and Grains (choose 100% whole wheat bread, oatmeal, brown rice)	6 or more	1 slice bread 1/2 c. cooked rice, noodles or cereal 1 c. ready to eat cereal 4-6 crackers

Vitamin C rich fruits

Orange, tangerine, grapefruit, strawberries, kiwi, mango

Vitamin A rich fruits and vegetables

Dark green leafy - broccoli, spinach, choy sum, gailan, bok choy

Deep yellow or orange - carrots, pumpkin, sweet potato, tomato, papaya, cantaloupe