

PRENATAL NUTRITION

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. half a peanut butter sandwich + one cup (8 oz.) 1% low fat milk = 300 calories]
 - Avoid cigarettes, alcohol, herbs, and medications (unless prescribed by your doctor).
 - Limit caffeine containing beverages such as tea, coffee, and cola drinks.
 - Limit intake of cooked fish to 12 oz a week due to 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.
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 thereafter. It is recommended that underweight women should gain more and overweight women gain less.
3. Tips to relieve nausea and vomiting:
 - Small, frequent 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 relieve heartburn:
 - Small, frequent meals
 - Chew foods thoroughly and eat slowly
 - Avoid lying in a reclining position after meals
5. Tips to relieve constipation
 - Increase fluids (prune juice may be 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 1% low fat) | 3 or more | 1 c. milk / yogurt 1 - 2 oz. cheese 1 c. calcium fortified 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 $\frac{1}{4}$ c. cooked beans $\frac{1}{2}$ oz. nuts or seeds |
| Fruits & Vegetables | 5 at least 1 serving high in vitamin C at least 1 serving high in vitamin A | 1 fruit (medium size) 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 $\frac{1}{2}$ 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