



Healthy Eating Tips for Pregnancy

Congratulations on your pregnancy! In order to stay healthy during this exciting time in your life, here are a few tips to keep you going along the way.

Did you know calories give you energy?! This is true! Nutritional needs are based on your age, activity level, pre-pregnancy weight, trimester in pregnancy, total weight gain. Optimizing your nutritional intake contributes to a healthy pregnancy.

Here are some tips for healthy eating during pregnancy that can help meet your nutritional needs:

- **Eat 3 well balanced meals**, which include servings of starch, lean proteins, vegetables, and healthy fats.
- **Eating 2-3 snacks** in the day will help spread out your carbohydrates, which is your main source of energy, and will help control portions at meals. Not only will these meet nutritional needs, but it will also help manage weight gain in pregnancy.
- Drink plenty of **fluids**. Aim for at least six 8-ounce glasses of water or caffeine-free, sugar-free beverages. Limit coffee to 1-2 cups daily. Do not have alcoholic beverages.
- Use **artificial sweeteners** in moderation (limit to 1-2 servings a day). FDA approves the use of aspartame, acesulfame potassium, sucralose, and neotame for general use. However, whole leaf or crude extracts of stevia, and saccharin (sweet-n-low) have not been approved in pregnancy.
- **Physical Activity**: engage in moderate activity at least 30 minutes a day most of the days, or 150 minutes a week. Walking 10-15 minutes twice a day is fine too!
- **Mercury**: eating 6-9 ounces of low levels of mercury fish is considered safe in pregnancy, e.g. salmon, tilapia, herring. Avoid tilefish, shark, swordfish and king mackerel.
- **Avoid** eating raw or under cooked meats and foods, and unpasteurized milk products.
- **Folic acid**: 600 mcg per day via supplements, fortified foods or both. Food sources include legumes, green leafy vegetable, liver, citrus fruits and juices, whole grain bread.
- **Iron**: 30 gm per day, starting early in pregnancy.
- **Calcium**: 1000 mg per day. Consuming 3 cups milk or yogurt a day (and some cheese) can help meet your needs through diet alone.

What are the basic nutrition requirements during pregnancy?

Carbohydrates: At least 175 gms of Carbohydrates a day (includes grains, beans and starchy vegetables milk/yogurt, fruit). Spread out carbs by aiming for 2-3 servings of starch in your meals, milk, fruits, or snacks.

Protein: About 71 gms per day. You usually need 2-3 ounce protein from your meals, and 1 ounce at snack.

Fats: about 30% of kcals

Fiber: around 28 gms per day, coming from fruits, vegetables, beans, legumes, whole grains, and healthy fats like nuts and seeds.

Sample Meal Plan Ideas:

- Breakfast: 1 whole grain toast with butter, 1 egg omelet with cheese, 1 cup low –fat milk
OR, 2 whole grain waffles with butter, 1 fried egg, ½-1 cup almond milk
- Snack: Apple slices with 1 tablespoon peanut butter and ½ cup greek yogurt **OR**, 8 oz low-fat latte, ¼ cup nuts and cranberries
- Lunch: 2 Tacos (2 six-inch corn tortillas with 2-3 oz. chicken), ½ cup shredded cabbage, salsa, 2 tbsp guacamole, side salad with 1 tbsp dressing **OR**, Peanut butter and Jelly sandwich on whole grain bread, with side salad and 1 tbsp dressing
- Snack: Blended “smoothie” : 6-8 oz plain low-fat greek yogurt, 1 cup frozen strawberries (any fruit) **OR**, Sargento balanced break
- Dinner: Baked Potato: Medium size baked potato (or ½ of large), 2-3 oz baked chicken breast, 1 cup steamed broccoli with lemon, 1 tbsp light sour cream **OR**, 3 oz Salmon, 2/3-1 cup quinoa, Grilled asparagus with seasoning
- Night Snack: ½ cup slow churned ice-cream with crushed almonds **Or**, ¾ cup Kashi “Go Lean” cereal, with low fat milk, sliced almonds

To get a more individualized nutritional counseling in pregnancy, meet with our Registered Dietitian. Talk to your obstetrician or call our scheduling department at (949) 829-5533.