



# NUTRITION IN PREGNANCY

It is important to develop healthy eating habits for you and your baby during pregnancy. You will likely need about 300 more calories per day than before you became pregnant. You can eat most of the same foods you normally eat when you are not pregnant. Moderation, proper food choices, and safe food preparation is important for a healthy start to your pregnancy.

## WHAT ARE HEALTHY FOOD CHOICES IN PREGNANCY?

- Fruits, vegetables, whole grains, and cereals.
- Include dairy and protein.
- Aim for healthy weight gain, this will be discussed at your early prenatal visits. (Refer to "Weight Gain Recommendations in Pregnancy" information).
- Do not diet during pregnancy. Instead, learn and follow healthy eating habits.
- Drink at least 8-10 cups of water daily. Hydration helps to decrease constipation, limits swelling, aches and pains, helps prevent bladder infections and provides you with a feeling of wellbeing.

## WHAT FOODS SHOULD I LIMIT?

- Salt.
- Caffeine (200mg a day is okay).
- Fish and shellfish that contains lower amounts of mercury like shrimp, canned light tuna, salmon, catfish, and pollock.
- Artificial sweeteners.
- Organ meats.
- Prepared meats such as deli meat and hot dogs unless heated to steaming hot.

## WHAT FOODS SHOULD I AVOID?

- Alcohol.
- Unpasteurized dairy foods and juices.
- Raw or uncooked meat, poultry, or eggs.
- Fish that contains high mercury levels such as albacore tuna, shark, swordfish, king mackerel, and tilefish.

## WHEN SHOULD I START TAKING A PRENATAL VITAMIN?

- We recommend you start taking a prenatal vitamin when you start planning a pregnancy or as soon as you know you are pregnant.
- A prenatal vitamin helps make sure you are providing important nutrients to your baby. Your prenatal vitamin should include folic acid, iron, calcium, vitamin D, and DHA.

## CAN I TAKE OTHER VITAMINS OR SUPPLEMENTS DURING PREGNANCY?

- We do not recommend adding a new supplement into your diet that is not FDA approved.
- Many herbal supplements are not FDA approved and do not list all the ingredients on the label.

## WHEN SHOULD I CONTACT THE OFFICE?

- Please call the office with any questions you may have about food and food safety.
- Questions regarding food safety can always be addressed at your office visit.