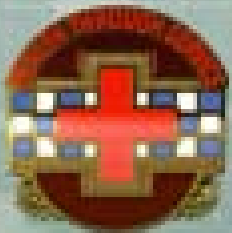


# Baby 'n Me: Pregnancy Nutrition

**Nutrition Care Division**

**435-6707**



**Winn Army Community Hospital  
First to Care**



# Introduction

- What you choose to eat during your pregnancy may influence you and your baby's health for years to come
- Take this time to review and revamp your nutrition!



# Weight Gain

- **Slow and steady**
  - Between 2 – 5 lbs gained in the 1<sup>st</sup> trimester
  - 1 lb per week for remainder of pregnancy
- **Pregnancy is NOT a time to lose weight**
- **Consult your health care provider RIGHT AWAY if you have nausea, vomiting, lose your appetite or lose weight.**



# Weight Gain

| Pre Pregnancy BMI               | BMI (kg/m <sup>2</sup> ) | Total Weight Gain (lbs) | Rates of Weight Gain<br>2 <sup>nd</sup> and 3 <sup>rd</sup> Trimesters<br>(lbs/wk) |
|---------------------------------|--------------------------|-------------------------|--|
| Underweight                     | <18.5                    | 28-40                   | 1 (1-1.3)  |
| Normal Weight                   | 18.5-24.9                | 25-35                   | 1 (0.8-1)  |
| Overweight                      | 25.0-29.9                | 15-25                   | 0.6 (0.5-0.7)  |
| Obese (includes all<br>classes) | >= 30.0                  | 11-20                   | 0.5 (0.4-0.6)  |



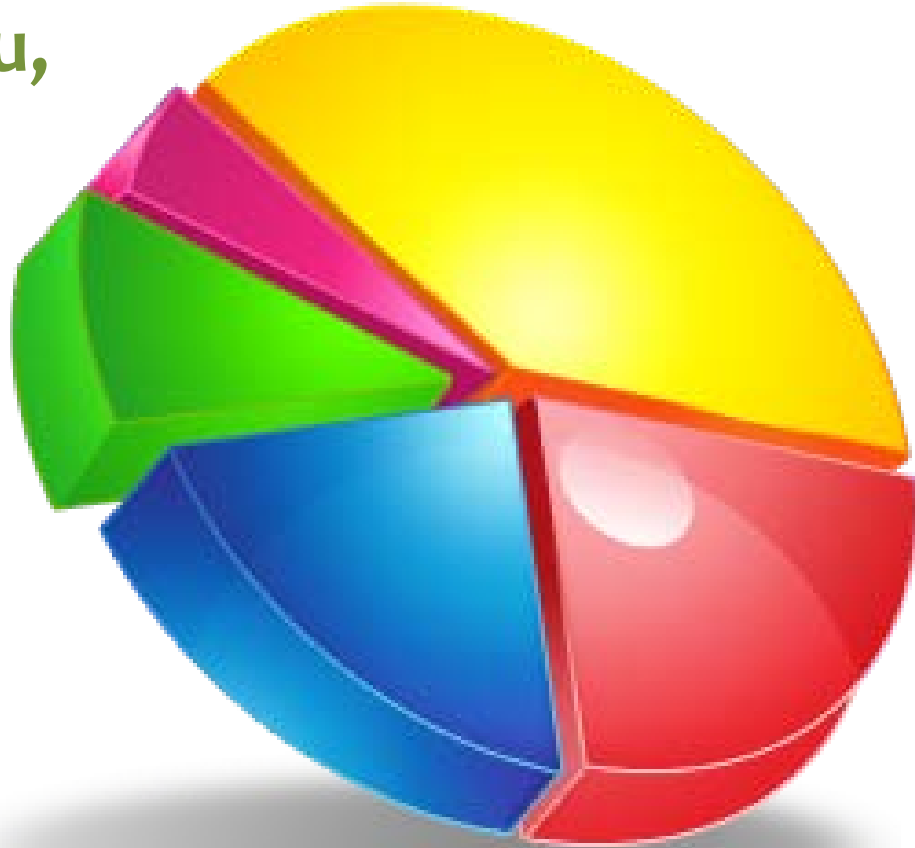
# WHERE DOES THE WEIGHT GO?

| Where                             | Weight in Pounds |
|-----------------------------------|------------------|
| Baby                              | 7.5 – 8.5        |
| Placenta                          | 1 - 3            |
| Amniotic Fluid                    | 2                |
| Uterus                            | 2 – 2.5          |
| Increased Body Fluid, Blood       | 3.5 - 7          |
| Increased Body Fat, Breast Tissue | 10 - 12          |



# Balanced Nutrition

- For a Healthy Baby,
- For a Healthy You,
- For a Healthy Family!



# Food Safety And Preparation

- **Pregnancy brings an increased risk of food-borne illness**
  - Hormonal changes weaken your immune system

## **\*\*\*REMEMBER\*\*\***

- Wash your hands before and after food preparation!
- Cook well and refrigerate meat, fish, eggs, and poultry. Eggs should be cooked until firm!
- Wash fruit and vegetable well!



# Food Preparation and Safety

- **AVOID:**

- Unpasteurized brie, feta, blue cheese, all soft cheeses
- Shark, swordfish, king mackerel, tilefish, and solid white albacore tuna because they contain mercury
- Un pasteurized milk and juice
- Cold cuts (unless reheated to steaming hot)
- Cooked foods and foods requiring refrigeration that have been left unrefrigerated for more than two hours





# Multivitamin and Mineral Supplements

- Begin BEFORE pregnancy
  - or – WHEN YOU KNOW you are pregnant!
- Pre Pregnancy
  - Include folic Acid (to prevent birth defects) and Vitamin D
- Pregnancy
  - Prenatal Vitamin with iodine and 30mg iron.
  - MD will decide if you need more of a certain nutrient
- Take with meals or before bed to avoid nausea
- Ask your doctor about dietary and herbal supplements
  - Many herbal supplements are NOT safe during pregnancy.
- Calcium: Drink at least 3 cups skim or low fat milk per day.
  - If you cannot:
    - Speak to your dietitian about non-dairy food sources of calcium
    - Discuss supplement with your physician



# Healthy Protein

## Meats

- **Good Sources**
  - Chicken
  - Turkey
  - Fish (next page)

## Meat Substitutes

- Low-fat Dairy Products
- Eggs
- Beans
- Nuts
- Peanut Butter
- Lean Meat
- Tofu



# Good Protein

- **Fish / Seafood during Pregnancy**

- May eat 12 ounces OR 2 average-size meals per week

- Lower in Mercury: Shrimp, Canned Light Tuna, Salmon, Pollock, Catfish

- Source of DHA (an omega 3 fatty acid – brain and eye development)

- Non-Seafood sources of DHA:

- Walnuts, Wheat germ, Canola Oil, Flaxseed Oil, Omega 3 enriched eggs OR supplement with DHA



# Healthy Fats

- **Pregnant and Nursing Mothers need healthy fats for their baby's development**
  - **CHOOSE Heart Healthy Fats**
    - Olive oil, canola oil, Fatty Fish (salmon, herring, sardines), avocados, peanut butter, salad dressings, nuts and seeds
  - **AVOID Trans Fats**
  - **“hydrogenated/partially hydrogenated”**
  - **LIMIT Saturated Fats**
    - Butter, Lard, Whole Milk Products, High fat meats such as bacon, sausage



# Healthy Carbohydrates

- **Fruit and Vegetables Daily**
  - Dark and brightly colored rich in nutrients
  - Frozen OR Fresh
  - Canned with no additional salt or sugars
- **Whole Grains**
  - Whole wheat bread, oatmeal, brown rice, whole grain pasta, barley, quinoa, wheat berries, bulgy, millet, kasha.
  - Limit INSTANT grained and refined carbohydrates
    - Such as cookies, soda, instant rice, instant potato, instant pastas, instant sweetened oatmeal



# Fluid

- Drink **BEFORE** you get thirsty!
- Urine should be light in color
- Choose pasteurized low fat milk, lightly flavored waters
- Limit juices and other sweetened beverages
  - Calories from these can really add up!
  - $\frac{1}{2}$  c Fruit Juice (even if 100%) = 60-80 calories
  - Most glasses are 12-16 oz OR 180-240 calories!



# Estimating Portion Sizes

## Serving Size: 1 Cup

Use to Estimate:

Beverages

Cereal

Casseroles

Soups

Fresh Fruit

Salad



**1 CUP = FIST**



# Estimating Portion Sizes

## Serving Size: 1/2 Cup

Use to Estimate:

Pasta

Rice

Beans

Potatoes

Pudding

Ice Cream

Cooked Vegetables



**1/2 CUP =  
CUPPED HAND**





# Estimating Portion Sizes

**Serving Size: 3 oz**

Use to Estimate:

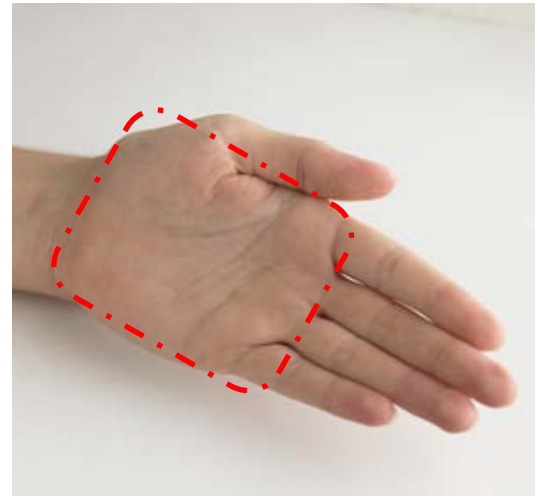
Beef

Pork

Poultry

Fish

After cooking!



**3 OUNCES =  
PALM OF HAND  
NO FINGERS!**



# Estimating Portion Sizes

## Serving Size: 1 Tbsp

Use to Estimate:

Salad Dressing

Peanut Butter

Sour cream

Cream Cheese



**1 TABLESPOON =  
Thumb**



# Estimating Portion Sizes

**Serving Size: 1 Tsp**

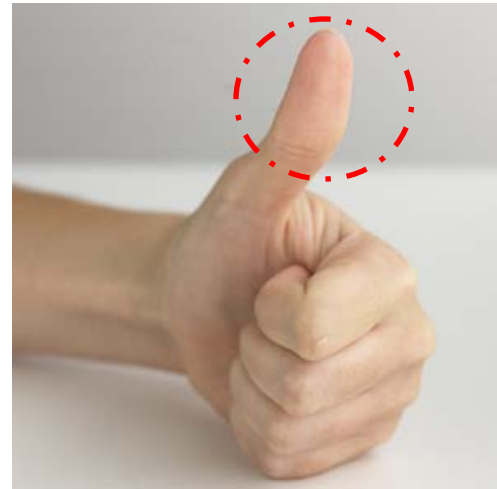
**Use to Estimate:**

**Butter**

**Margarine**

**Mayonnaise**

**Oil**



**1 TABLESPOON =  
Thumb**



# Sample Breakfast and Morning Snack

## Breakfast

- Whole grain cereal with berries, low fat milk
- OR
- Low fat yogurt and granola, ½ c orange juice

OR

Hard cooked egg, 2 slices whole grain toast, mandarin orange



## Snack

- Light Pudding with nuts
- OR
- Low fat yogurt with fruit
- OR
- Hummus with carrots
- OR
- Apple with Peanut Butter

# Sample Lunch and Afternoon Snack

## Lunch

- Turkey Sandwich with lettuce, tomato on whole grain bread, low fat yogurt, apple

OR

- Taco with low fat cheese, greens, tomatoes and a side of beans, ½ banana

OR

- 1 slice pizza, salad, watermelon

## Snack

- Low fat cheese and crackers

OR

- Small handful of nuts and raisins

OR

- Low fat yogurt with ¼ c granola



# Sample Dinner and Bedtime Snack

## Dinner

- Baked/Grilled Chicken (no skin) , brown rice and beans, carrots, green salad

OR

- Baked / Grilled Fish, sweet potato, three bean salad

OR

- Tofu, bowl of vegetables, whole grain noodles, cucumber and tomato salad

## Snack

- Hard-boiled egg with carrot sticks

- Whole grain cereal with low fat milk and berries

- Low fat cheese and Pear slices



# “Fast Foods”

1. Single serve fruit bowls
2. Soy milk
3. Tuna fish
4. Raisins
5. Yogurt
6. Easy-to-make trail mix
7. Salad Bar
8. Baby carrots
9. String Cheese
10. Boxed, calcium fortified OJ
11. Single-serve boxes of cereal
12. Single-serve cottage cheese bowl



# Foods to Avoid

1. Ramen Noodles
2. Sodas, Kool-Aid, Lemonade, Sweetened fruit juices
3. Pre-packaged lunches, frozen meals
4. Fried Foods. Do not prepare foods with flour, crumbs or batter
5. Pie, cake, ice cream, sweet rolls, doughnuts, and rich desserts including gelatin desserts
6. Sweets such as sugar, honey, syrup, candy, jelly, and molasses
7. Cream sauces, cheese sauces, and gravies
8. Butter or sauces on vegetables and meats
9. Snacks such as buttered popcorn, potato or corn chips
10. Coffee creamer substitutes or whip cream toppings
11. Alcoholic beverages





# Dining Out

## Portion control!

- Servings are often 2-3 times larger than at home. Use your portion guides to help.
- Selecting the right restaurant and planning ahead are important ways to eat out more healthfully.

## Beware of Sodium!

- Salt is not restricted during pregnancy for most women
- Foods that are less processed contain less sodium
- To avoid too much sodium intake
  - LIMIT intake of canned soups, boxed pasta and rice mixes, salty snacks and salty seasonings



# Dining Out Tips

- Lean, baked, broiled, grilled meats
- Include veggies and a whole grain starch, like brown rice or wheat pasta
- Drink low fat milk as beverage whenever possible
- Enjoy fresh fruit for dessert
- Limit fried foods and butter or cream sauces
- Be mindful of calories from the bread basket!



# Sample Dining Out Meals

Grilled Chicken  
on salad greens  
with dressing on  
the side  
+  
wheat bread  
+  
fruit bowl

2 slices of vegetarian  
pizza  
+  
green side salad  
+  
fruit bowl

Beef ,  
Chicken,  
Shrimp  
Fajitas

Turkey Breast with  
lettuce and tomato  
+  
whole wheat roll-up  
+  
Fruit Bowl

Seafood  
or  
Chicken  
Stir-fry  
+  
“light on oil and sauces with  
extra veggies”



# Nausea and Vomiting

**\*\*DON'T Stop eating!**

- Try different textures

- Smooth pudding
- Crunchy cereal

- Experiment with different tastes

- Sweet versus Salty
- Salty versus Sweet
- Mild versus Spicy



- Light / Pleasant smells may reduce nausea

- Lemon / Orange Peels

- Stay HYDRATED!

- Try lemonade
- Try ginger tea (hot/cold)



# Anti Nausea Meal Menu

- Provide some nutrition for persistent nausea and vomiting and reduce morning sickness.
- Reduced fat and increased carbohydrates and low in fluid content at meal time
- Hydrate between meals with sips water, popsicles, Jell-O.

**\*\*NOT for long-term!\*\***

**NOT adequate in nutrients for pregnancy.  
ONLY TEMPORARY!**



Before Rising – 2-4 plain saltine crackers

0800 – 1 slice toast with jelly

0900 – 1 soft cooked egg (cold)

+ ½ c cream of wheat

+ ½ banana

1000 – 1 c skim milk

1100 – ½ c orange juice

1200 – 2 oz baked chicken no skin

+ ½ c boiled potatoes

+ ½ c green beans

+ 1 wheat toast + jelly

1400 – 1 c skim milk

1700-1900 – 3 oz roast beef

+ ½ c rice + ½ c carrots

+ 1 slice plain cake

8pm – 1 c skim milk

1000 – 1 oz cheese

+ 2 saltines + prenatal vitamin

# Breastfeeding / Nursing

- Breast milk is the perfect food for babies!
- Most women will produce sufficient milk even if their diet is not perfect, But let's not risk it!
  - Same nutrition recommendations:
    - Eat well! Stay Hydrated!
- Prenatal vitamins have more iron than breastfeeding mothers need. Breastfeeding women should take a multivitamin for non-pregnant women



## Exercise During Pregnancy

MD approval!!

Aim for most days of the week

Start slowly — 5-10 minutes per day

Walking, Pregnancy yoga, Pilates,  
Swimming

Exercise 1-2 hours after a meal

- Reduces fatigue and helps manage stress
- Increases endurance and strengthening muscles
- Help relieve back pressure
- Improve posture and balance
- Improve circulation & lowers blood pressure
- Helps prepare for the strain of labor
- Improve self image
- Regain figure faster



# FAQs

## **Can I get enough calcium if I do not drink milk?**

Yes. Milk, fortified O.J., Low fat cheese/yogurt, sardines, soups cooked with bones, or a calcium supplement

## **Are artificial sweeteners safe to use while I am pregnant?**

Yes, except saccharin: *Sweet n Low* or Pink packet

## **I am a vegetarian. Do I have to eat meat?**

You can use alternative protein sources such as dairy, nuts, soybeans. You may set up an appointment with a Registered Dietitian to assess your individual needs.

## **How can I reduce my constipation?**

Drink 8 glasses of water a day. Have 5-9 servings of fruit and veggies daily. Include whole grains in each meal and snack. Be physically active daily.

## **Can I have caffeine?**

Limit your caffeine intake to 10 oz coffee or 20 oz light tea per day.





# FAQs (continued)

## **Can I eat spicy food while I am pregnant or nursing?**

Yes, if it is comfortable for you. Spicy foods will not harm your baby, but if you have reflux or heartburn, spicy food will increase this.

## **Can I eat eggs when I am pregnant?**

Yes. Eggs are a low-cost, nutritious food. They provide that highest quality protein available and 18 vitamins and minerals. They are abundant in choline; which may be key in brain development and memory. **DO NOT** eat undercooked or raw eggs!

## **How are my nutrition needs different if I am pregnant with twins?**

You should eat a snack or small meal every two hours while awake. See a Registered Dietitian to assess your individual needs.

## **I've heard I can't drink alcohol while I am pregnant or nursing?**

**DO NOT** drink alcohol while you are pregnant!  
During lactation, if you choose to have a drink, wait a few hours before nursing.



**Your baby's health is in your hands...**



**Questions?**





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