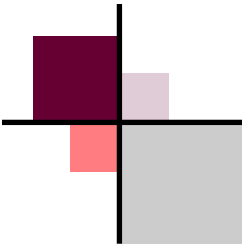




Nutrition & Weight Management in Pregnancy



February 2020



How much weight should I gain?

Not every woman needs to gain the same amount of weight during pregnancy. The right amount of weight to gain is based off of your body mass index, or BMI.

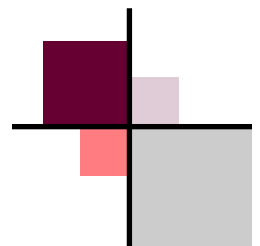
Use the chart below to help determine how much weight you should aim to gain during your pregnancy.

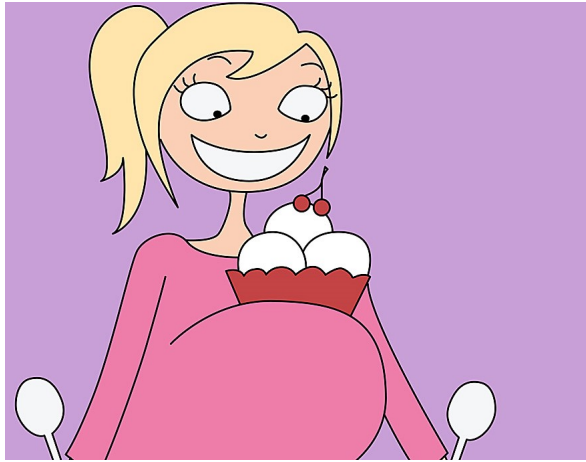
If before pregnancy, you were: | You should gain:

BMI <18.5	28-40 pounds
BMI 18.5-24.9	25-35 pounds
BMI 25-29.9	15-25 pounds
BMI >30	11-20 pounds

Eating For 2?

One of the biggest myths about pregnancy is that you're "eating for two". While in some ways this is true, in regards to calorie intake it is just a myth!





It's very important to gain weight during pregnancy. However, gaining too much or too little can be harmful to both you and your baby.

The weight you gain contributes to the weight of the baby, placenta, fat storage for energy during delivery, and an overall increase in total blood volume.

Too Little...

Gaining less than the recommended amount of weight during pregnancy can lead to complications such as a premature birth that can then cause life-altering heart and lung problems for your baby.

VS.

Too Much...

Gaining more than the recommended amount of weight during pregnancy can lead to complications such as gestational diabetes, which can lead to high blood pressure and a future risk of developing Type 2 diabetes.

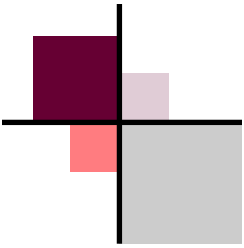
First Trimester

From conception until the 3rd month of pregnancy, your body **doesn't require any extra calories**. During this time, your body is efficiently using your normal calorie intake to adjust to the changes of pregnancy and to keep you and your baby healthy & growing!

Second & Third Trimesters

After the third month, your body will require more energy to keep up with the growth of your baby. This means eating about **300-400 extra calories** per day. It's important to note that this doesn't mean you are still eating a full diet for two!

For a typical 2,000 calorie diet, this means only adding about 15% more calories per day.



Essential Nutrients During Pregnancy

Folic Acid. This is an important B Vitamin for cell growth. Taking it as a supplement and consuming more in your food before and during pregnancy will help prevent neural tube defects, and contribute to normal growth of your baby's spine and brain.

Food Sources: Green leafy vegetables, legumes, lentils, beans, fortified breads and cereals

Daily Requirement: 600 mcg/day



Iron. Iron contributes to healthy blood formation and flow. There is an increased need for a sufficient amount of iron during pregnancy to carry oxygen to your baby's newly developing tissues.

Food Sources: Lean meat, seafood, leafy green vegetables, fortified cereals and bread, beans, nuts

Daily Requirement: 27 mg/day



Calcium. Calcium helps develop and maintain your baby's bones, teeth, muscles, and heart.

Food Sources: Milk, cheese, yogurt, broccoli, kale, tofu, nuts

Daily Requirement: 1000 mg/day

Vitamin D. This vitamin aids in the absorption of calcium to help develop your baby's bones and teeth.

Food Sources: Fortified milk and orange juice, fish, eggs

Daily Requirement: 600 IU/day

Protein. Protein is important for tissue growth and development, as well as helping to increase your blood supply to your baby.

Food Sources: Lean meat, fish, eggs, dairy, legumes, nuts, seeds

Daily requirement: 75-100 g/day

Vitamin C. This vitamin is important for tissues repair and growth. It also helped optimally absorb iron into the body.

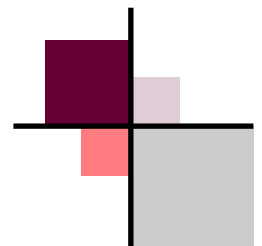
Food Sources: Fruits, vegetables (especially red & yellow peppers), broccoli, citrus

Daily requirement: 85 mg/day

Iodine. This is important for healthy brain and nervous system development in your baby.

Food Sources: Iodized salt, fish, milk, cheese, yogurt, fortified bread and cereals

Daily Requirement: 220 mcg/day



Morning Sickness

Morning sickness is nausea and sometimes vomiting that is experienced by many women during pregnancy. Despite the name, it can occur at any time of day! There is no specific cause, but a rise in hormone levels is a contributing factor to morning sickness. It is estimated that 50-90% of women experience morning sickness during perfectly healthy pregnancies.



What can you do?

There is no “cure” for morning sickness because it is a normal part of a lot of pregnancies. But it can be controlled. Here’s some tips!

Eat lightly, around the clock.

Nausea is often worse on an empty or too-full stomach. Try to eat frequent, small meals.

Drink up.

Drink a least 6-8 glasses of fluid a day. This will help you stay hydrated and avoid constipation.

Enjoy breakfast in bed.

Eat dry cereal, toast, or crackers before getting out of bed in the morning.

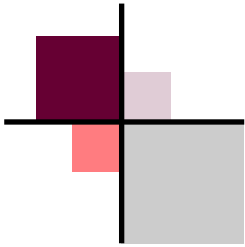
Avoid strong or unpleasant smells.

Keep your home and bedroom well ventilated, open your windows.

Try ginger.

Many women report that ginger helps calm their stomachs. Try ginger snaps or cookies! But limit to 250 mg no more than 4 times daily.

***Occasionally morning sickness can become too severe and need medical treatment. Call your healthcare provider if you experience symptoms such as: not being able to keep any liquids down, you heart is pounding or racing, you vomit blood, or you loose weight quickly.**



Cravings During Pregnancy

Many women experience the urge to eat a particular type of food while pregnant. There is no clear cause of cravings, but research suggests a possible reason may be a lack of essential vitamins and nutrients in the diet which causes the body to crave foods containing them.

What do I do?

It's okay to satisfy your cravings in moderation as long as you continue to eat a variety of healthy foods that meet your nutritional requirements. If you are craving a lot of unhealthy foods such as sweets or chocolate, try not to over-indulge as this can cause excess weight gain which can be harmful to you and your baby.

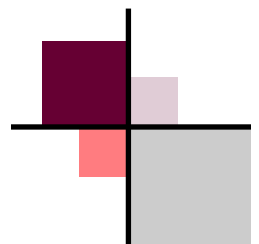


Non-food cravings?

If you are experiencing non-food cravings for things such as dirt, chalk, clay, paint chips, or laundry detergent, you may be experiencing a condition called Pica—something some women develop during pregnancy. There is no identified cause, but research suggests this could be a link to iron or other micronutrient deficiencies. Inform your health care provider if you begin to experience these cravings.

Tips to manage cravings:

- Eat regular, healthy meals
- Keep your pantry stocked with healthy snacks
- Don't go grocery shopping while hungry
- Choose foods with a low glycemic index to keep you fuller longer



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