



NUTRITION FOR PREGNANCY

Things to remember

- ✓ Eat regularly! Your body needs 3 well-balanced meals and 1- 3 snacks every day.
- ✓ Keep your body well-hydrated by drinking 8-12 cups of water and healthy beverages per day.
- ✓ Make sure to choose foods from all of the different food groups. Eating plenty of fruits, vegetables, whole grains, lean protein and low-fat dairy will give you all of the different nutrients you need.
- ✓ Take a prenatal vitamin every day.
- ✓ Limit unhealthy items such as fried foods, chips, cookies, cakes, candy, and soft drinks.
- ✓ Ask your doctor if your weight gain is appropriate. You may need to adjust your eating to ensure proper weight gain.

It is common to feel sick to your stomach, especially during your first trimester. Here are some tips which may help you deal with Nausea:

- ✓ Eat small amounts of food often.
- ✓ Take your prenatal vitamin with a meal or snack.
- ✓ Try dry, starchy foods such as crackers, toast, and dry cereal.
- ✓ Sip Ice-cold water.
- ✓ Avoid strong food smells.





During pregnancy, you need to avoid certain foods and ingredients that may harm your developing baby.

Foods to Avoid	
Beverages	<p>Soda, tea, or coffee with caffeine</p> <p>Herbal tea <i>(Some types can be harmful to your baby. If you like herbal tea, ask your doctor or dietitian which ones are safe.)</i></p> <p>Alcohol</p>
Meat, Fish, and Poultry	<p>Raw or undercooked meat, fish, or poultry</p> <p>Eggs should be cooked until the yolk is no longer runny</p> <p>Heat hot dogs and deli meats until they are steaming hot to kill harmful germs</p> <p>Do not eat any shark, swordfish, king mackerel, or tile fish.</p> <p>Limit certain types of fish, which may be high in mercury.</p> <p>Limit albacore (white) tuna to 170 grams per week.</p> <p>Limit locally caught fish to 170 grams per week if you are unsure about its mercury content.</p> <p>Limit low-mercury fish and shellfish like shrimp, canned light tuna, salmon, pollock, and catfish to 340 grams per week</p>
Dairy	<p>Raw or unpasteurized milk, or other products made with unpasteurized milk</p> <p>Soft-serve yogurt</p> <p>Soft cheese, like brie</p> <p>Blue or Gorgonzola cheese</p>
Fruits and Vegetables	<p>Raw sprouts</p> <p>Unpasteurized juices or cider</p>

