

PERINATAL HEALTH & WELLNESS:

Eating for TWO



30th birthday donut in Italy, 5 months pregnant

Weight Gain During Pregnancy

First, it is important to note that you are SUPPOSED to gain weight during pregnancy. This does not mean we "eat for two" during pregnancy. In fact, we only need to increase our maintenance calorie intake by 300-500 calories after the first trimester, depending on your pre-pregnancy BMI and other health-related factors. It's fascinating to know that not all of this weight comes from baby and body fat. Weight gain comes from an addition or increase in the following components:

Fetus
Placenta
Amniotic fluid
Extracellular fluid
Uterus and breast tissue
Blood

Pregnancy Weight Gain Breakdown

Baby.....	7.5 lbs
Enlarging uterus.....	2.0 lbs
Placenta.....	1.5 lbs
Amniotic fluid.....	2.0 lbs
Breast enlargement.....	2.0 lbs
Extra blood & fluid volume...	8.0 lbs
Extra fat reserves.....	7.0 lbs
Total.....	30.0 lbs

Note: All amounts are approximate



The general recommendations for weight gain during pregnancy are as follows:
1 to 4 pounds total during the first trimester
2 to 4 pounds per month during the second and third trimesters

*Advice may be different for those who are underweight (28-40lbs recommended) or overweight (15-25lbs) or for those carrying multiples.

Nutrition During Pregnancy

Nutrient	Function	RDA	Food sources
Folate / Folic Acid	Prevents neural tube defects, serious abnormalities of the brain and spinal cord.	800mcg	Fortified cereals, leafy green vegetables, citrus fruits, dried beans, peas, asparagus, whole grain, nuts
Calcium	Building strong bones and teeth, assists in normal functioning of circulatory, muscular, and nervous systems.	1000mg	Salmon, sardines, dark leafy green vegetables, calcium fortified OJ, dairy products
Protein	Promotes growth	71g	Lean meats, poultry, fish, eggs, beans, nuts, seeds, soy products
Iron	Produces hemoglobin, which aids in oxygen delivery to the mother and placenta. Prevents anemia	27mg	Poultry, fish, lean red meat, oysters, blackstrap molasses, spinach, beans, raisins, dried apricots
Iodine	Essential for healthy brain development	220mcg	Iodized table salt, dairy products, seafood, meat, some breads, eggs
Choline	Important for development of your fetus's brain and spinal cord	450mg	Milk, beef liver, eggs, peanuts, soy products
Vitamin A	Forms healthy skin and eyesight Helps with bone growth	770mcg	Carrots, green leafy vegetables, sweet potatoes
Vitamin C	Promotes healthy gums, teeth, and bones	85mg	Citrus fruit, broccoli, tomatoes, strawberries
Vitamin D	Builds your fetus's bones and teeth Helps promote healthy eyesight and skin	600IU	Sunlight, fortified milk, fatty fish such as salmon and sardines
Vitamin B6	Helps form red blood cells Helps body use protein, fat, and carbohydrates	1.9mg	Beef, liver, pork, ham, whole-grain cereals, bananas
Vitamin B12	Maintains nervous system Helps form red blood cells	2.6mcg	Meat, fish, poultry, milk (vegetarians should take a supplement)

Preventing Dehydration

According to the American Pregnancy Association, "dehydration during pregnancy can lead to serious pregnancy complications, including neural tube defects, low amniotic fluid, inadequate breast milk production, and even premature labor. These risks, in turn, can lead to birth defects due to lack of water and nutritional support for your baby." The recommended water intake is 8-12 glasses of water per day, more if you are active or in high heat / sweating.

Trouble With Water?

Having a hard time drinking water? Add fruit to make "spa water!" Not only does it give you more vitamins and help you feel energized, but you'll enjoy that extra water intake.

Grazing

To keep your blood sugar regulated, help with morning sickness, and decrease heartburn, opt to "graze" with 5-6 smaller meals and snacks versus 3 larger meals.

Macronutrients During Pregnancy

Your body will need a wide range of micronutrients to sustain a healthy pregnancy. Those were the nutrients listed on the previous slide. Here, I will briefly go over the macronutrients you need: Carbs, Protein, and Fats.

- **Carbs** are ESSENTIAL during pregnancy. They are in the form of both simple (fruits, raw maple syrup) and complex (rice, potatoes, whole grains, broccoli, spinach, etc). You will get a majority of your energy from carbs. The amount of carbs per day will depend on your body mass, activity level, and medical needs such as with insulin resistance or gestational diabetes.
- **Fats** are more necessary during pregnancy than ever. Essential Fatty Acids cannot be created through the human body and need to be taken in through our diet. Steer clear of trans fats and saturated fats, and focus on monounsaturated (Omega-9) and Polyunsaturated (Omega-3 and Omega-6).
- **Protein** is important because we need protein for every cellular function, and our babies need a lot of protein to grow and develop optimally. The average nonpregnant woman in the US eats 70g per day, which meets the Institute of Medicine's Dietary Reference Index (DRI) for protein requirements during pregnancy. Therefore, most women do not need to increase their protein consumption when pregnant. For those who are very active, however, you will want to consume more protein. The American Pregnancy Association recommends 70-100g per day. This may need to be increased in order to maintain lean muscle mass during an active pregnancy.

Foods to Avoid During Pregnancy

Unfortunately, there are some foods that are just best to avoid during pregnancy, as they may affect your developing baby. Here is a list of foods to avoid:

- Avoid seafood high in mercury: Albacore/blue fin tuna, king mackerel, swordfish, tilefish, shark, orange roughy
- Avoid raw, undercooked, or contaminated seafood (to avoid bacteria and viruses in food) - yes, that means sushi. Discuss this with your provider. Some have different guidelines based on the type of sushi and cleanliness of restaurant. But Mayo Clinic, ACOG, and American Pregnancy Association say it's a no-go
- Avoid undercooked meat, poultry, and eggs to prevent food poisoning, which may be more severe than if you weren't pregnancy.
- Avoid unpasteurized foods that can lead to foodborne illness. Soft cheeses clearly labeled as pasteurized can be found in many stores.
- Avoid unwashed fruits and vegetables
- Avoid excess caffeine. The recommended limit is currently 200mg/day
- Avoid herbal tea. There is simply not enough data on the effects of specific herbs on developing fetus. Even if they are marketed for pregnancy, ask first.
- Avoid alcohol. Since no level of alcohol has been proven safe, it's best to avoid.

What To Eat

When You Don't Want To Eat

Morning Sickness is an awful name, isn't it? For most of us, that's a straight up lie. It lingers throughout the day, gives us gnarly food aversions, and makes us vomit at the sight and smell of certain things.

There is still no clear science as to why this happens, but regardless - it's annoying. Here are some tips to help with the full day sickness:

- Have something light by your bed to snack on when you wake up. Some women find this helps settle their stomach before they tackle the day.
- Graze throughout the day to prevent an empty stomach.
- Eating / chewing on ice also has been helpful to prevent dry mouth.
- Ginger is the number 1 food for battling nausea. Candied ginger, pickled ginger, ginger tea - it has all been known to be helpful.
- Citrus fruits - The smell of citrus is reported by many women to help with nausea. This includes foods and essential oils. Dab some oil above your lip, put some lemon in your ice water, or try hot lemon water instead of coffee.
- Foods and supplements with vitamin B6 - bananas, carrots, spinach, sunflower seeds, pineapple, and avocados are great sources of B6.
- Bland foods with fiber - this helps clear your system. Try brown rice, baked potatoes, broth, plain whole grain pasta.

Thinking About Pregnancy?

If you are planning to become pregnant, now is the time to clean up your diet, start getting adequate exercise / movement in your day, and deal with any lingering bad habits that you'll have to kick once that positive pregnancy test rocks your world. Limit alcohol, trans fats, and caffeine. Encourage your partner to eat a healthy diet, too, as this supports healthy sperm.

If your periods are irregular, make sure you are meeting your nutrition (especially protein) needs. In order for your body to trigger ovulation, allow conception, and maintain a healthy pregnancy, you will need an adequate amount of protein and fat reserves in your body. Most doctors and midwives will also tell you to start taking a prenatal and omega-3 fish oil more than three months prior to trying to conceive. The folic acid / L-methylfolate (recommended if you have any form of the MTHFR mutation) helps prevent neural tube defects, which happen (if they occur) very early on in pregnancy.

There are some foods that have been noted to "support conception":

- **Fruits and vegetables:** "nature's multivitamin" - these deliver a wide variety of vitamins and minerals, and getting enough of certain nutrients is especially important before you conceive.
- **Seafood:** Seafood is the best source of omega-3 fatty acids; and, according to some scientists, these essential fats may have a positive effect on fertility. Research suggests that a diet rich in omega-3 fatty acids may help regulate ovulation, improve egg quality, and even delay aging of the ovaries.
- **Oysters:** Not just an aphrodisiac! here's some scientific proof that eating oysters can boost fertility. Oysters are packed with zinc, which plays a role in semen and testosterone production in men and ovulation and fertility in women.
- **Vegetable proteins:** In a study of 18,555 women, experts at Harvard Medical School found that those who included one daily serving of vegetable protein – such as nuts, beans, peas, soybeans or tofu – were less likely to have infertility due to ovulation problems.

You Don't Have To Be PERFECT

Yes, this is the time for you to clean up your diet, kick bad habits, and work on an exercise routine. Sleep is important, water should be your main beverage choice, and you have to forego that Taco Tuesday margarita...
but you don't have to be PERFECT. No mom is.

This is a time you should enjoy. This doesn't mean consume 3,000 calories a day because you're pregnant, but by all means... if you happen to be in Italy on your 30th birthday, eat the donut. Enjoy some gelato. You don't have to feel guilty if you're making a conscious effort to be healthy for you and your baby.

With that said, if you are unsure about your health or your nutrition needs prior to conceiving or during pregnancy, ask your doctor. Consult a Registered Dietitian who has experience with pregnant clients. Contact a Functional Nutrition Specialist if you desire a more holistic approach. There are those who are qualified to give you basic guidelines and those who should be actually managing your care from a medical perspective, ESPECIALLY if you have special needs, dietary restrictions, or medical issues such as gestational diabetes.

Do what you can with what you can, and enjoy.

Questions?



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Preparing for the "fourth trimester"

Communication with partners, safeguarding your relationships

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