



# Nutrition Section

This is the new Healthy Eating Pyramid from the Harvard School of Public Health. Following these guidelines is important during pregnancy. The foods recommended in the highest amounts are those foods richest in nutrients that growing babies need.

- \* Alcohol should not be consumed during pregnancy
- \* Take prenatal vitamins daily
- \* Eat more plant foods than animal foods
- \* Eat whole grains instead of refined starches
- \* Replace saturated fats and trans fats with healthier plant oils
- \* Be active or exercise daily throughout pregnancy unless your doctor tell you differently
- \* Gain the appropriate amount of weight during your pregnancy

## RECOMMENDED WEIGHT GAIN

Weight Status Before Pregnancy	Recommended Weight Gain
Underweight BMI <19.8)	25-40 lbs
Normal weight BMI 19.8-26	25-35 lbs
Overweight BMI >26	15-25 lbs
Having Twins or multiples	40-45 lbs

# Nutrition

Most women only need an extra 300 calories a day during pregnancy. Eating more food is usually less important than eating more nutritious foods.

This sample menu is an example of how to use the Healthy Eating Pyramid to eat well during pregnancy.

<b>Breakfast</b>	<b>Lunch</b>
Oatmeal Whole wheat toast Banana Low fat Milk	Chili w/beans Whole wheat roll Apple Low fat Milk
<b>Dinner</b>	<b>Snacks (1-2 a day)</b>
Chicken Brown rice pilaf Broccoli Salad Strawberries with vanilla frozen yogurt	Yogurt Cheese and whole grain crackers Peanut butter toast Nuts or sunflower seeds Fruit Corn chips and salsa

### Don't forget about Calcium!

Many women don't drink milk or eat dairy products regularly. Prenatal vitamins only contain 200 mg of calcium and needs during pregnancy and lactation are 1000-1200 mg/day. It's important to make sure that your calcium intake is good. Foods that are high in calcium are:

Milk	cheese	yogurt
Salmon	tofu	soy milk
Baked beans	Greens	Almonds

Any foods made with milk will contain calcium. There are many foods fortified with calcium as well. They include orange juice, oatmeal, cereals, breads, energy bars, ect.

Just look for the words "with calcium" on the label to be sure it contains this mineral.

For further information contact: Nutrition Care Division at 526-7290 or [www.mypyramid.gov](http://www.mypyramid.gov)

## Iron: The Blood Builder

Iron is important in the diet because it has a central role in making hemoglobin, which supplies oxygen to the body. Iron helps to build and maintain healthy blood. Children and women of childbearing age should pay particular attention to receiving enough iron in their diet each day.

### The following foods supply iron in the diet

\*indicates a very good source

beet greens	eggs	*oysters
chard	enriched breads	raisins
chicken	ham	*sardines
*clams	* iron-fortified cereal	*scallops
dates	liver sausage	*shrimp
dried apricots	* meat, especially lean	*spinach
*dried beans	beef and pork	tuna
dried peaches	* molasses	turkey
dried prunes	kidney& liver	veal
or prune juice		wheat germ

### Folic acid for a Healthier Mom and Baby

Folic acid is needed for cell growth and reproduction. It is required by the body to prevent a type of blood problem common among pregnant women. As your baby grows, the folic acid in your body is used to make the baby's blood. This creates a shortage of folic acid in your body, which you need to keep your own body healthy.

#### Cereals & Grains

barley-1 cup  
brown rice-1 cup  
\*ready-to-eat breakfast cereals fortified with folic acid- 1oz  
whole wheat or rye flour-1 cup

#### Legumes

kidney beans-1 cup cooked  
lentils- 1 cup cooked  
peanuts- 10 whole nuts  
\*pinto beans-1 cup cooked  
red beans-1 cup cooked  
white common beans-1 cup cooked

#### Vegetables

\*asparagus-1/2 cup cooked  
beets- 1/2 cup  
\*broccoli- 1 medium stalk cooked  
brussels sprouts- 1/2 cup cooked  
cabbage- 1 cup raw  
cauliflower- 1/2 cup  
corn- 1/2 cup  
parsnips- 1/2 cup  
peas- 1/2 cup cooked  
\*romaine lettuce- 1 cup raw  
\*spinach- 1 cup cooked or raw  
tomato juice- 1 cup  
\*turnip greens- 1 cup raw

#### Fruits

cantaloupe 1/2  
grapefruit juice  
1 cup fresh or frozen  
(reconstituted)  
orange 1 med  
orange juice-1cup  
fresh or frozen  
(reconstituted)

#### Meats

\*liver, any type  
3 ounces cooked

### 3. Toxoplasmosis

#### What it is:

A harmful parasite. It causes an illness called toxoplasmosis that can be difficult to detect.

#### Where it's found:

Raw and undercooked meat; unwashed fruits and vegetables; soil; dirty cat-litter boxes; and outdoor places where cat feces can be found.

#### How to prevent illness:



If possible, have someone else change the litter box. If you have to clean it, wash your hands with soap and warm water afterwards.



Wear gloves when gardening or handling sand from a sandbox.



Don't get a new cat while pregnant.



Cook meat thoroughly.

For additional information on food safety:

[www.cfsan.gov/pregnancy.html](http://www.cfsan.gov/pregnancy.html)

Try to eat at least one serving daily of one of the following foods: (the data provided is total folacin content, not folic acid).

#### Cereals and Grains

Barley-1 cup

Brown rice-1 cup

\*ready to eat breakfast cereals fortified with folic acid-1oz

Whole wheat or rye flour-1 cup

#### Vegetables

\*asparagus-1/2 cup cooked

Beets-1/2 cup cooked

\*broccoli-1 medium stalk cooked

brussels sprouts-1/2 cup cooked

cabbage-1 cup raw

Cauliflower-1/2 cup cooked

Corn-1/2 cup cooked

Parsnips-1/2 cup cooked

Peas-1/2 cup cooked

\*romaine lettuce-1 cup raw

\*spinach-1 cup cooked or raw

Tomato juice-1 cup

Turnip greens-1 cup raw



#### Fruits

cantelope-1/2 medium

grapefruit & Orange juice-1 cup fresh or frozen

oranges-1 medium



#### Legumes

kidney beans-1 cup cooked

lentils-1 cup cooked

lima beans, mature-1 cup cooked

peanuts-10 whole nuts

\*pinto beans-1 cup cooked

red beans or white common beans-1 cup cooked

#### Meats

\*liver, any type 3 ounces cooked

#### Miscellaneous

\*yeast, dry active- 1 tablespoon

\*these food provide 20 % U.S. RDA or greater



### 3 Foodborne Risks for Pregnant Women

As a mom-to-be, there are **3 specific foodborne risks** that you need to be aware of. These risks can cause serious illness or death to you or your unborn child. Follow these steps to help ensure a healthy pregnancy.

#### 1. Listeria

##### What it is:

A harmful bacterium that can grow at refrigerator temperatures where most other foodborne bacteria do not. It causes an illness called listeriosis.

##### Where it's found:

Refrigerated, ready-to-eat foods and unpasteurized milk and milk products.

##### How to prevent illness:



Do not eat hot dogs and luncheon meats - *unless they're reheated until steaming hot*. Do not eat refrigerated pâtés or meat spreads.



Do not eat soft cheese, such as Feta, Brie, Camembert, "blue-veined cheeses," "queso blanco," "queso fresco," and Panela - *unless it's labeled as made with pasteurized milk*. Check the label.



Do not eat refrigerated smoked seafood - *unless it's in a cooked dish, such as a casserole*. (Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna, or mackerel, is most often labeled as "nova-style", "lox", "kippered", "smoked", or "jerky". These types of fish are found in the refrigerator section or sold at deli counters of grocery stores and delicatessens.)

### 3 Foodborne Risks for Pregnant Women Continued

Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.



#### 2. Methylmercury

##### What it is:

A metal that can be found in certain fish. At high levels, it can be harmful to an unborn baby's developing nervous system.

##### Where it's found:

Large, long-lived fish, such as shark, tilefish, king mackerel, and swordfish.

##### How to prevent illness:



Don't eat shark, tilefish, king mackerel, and swordfish. These fish can contain high levels of methylmercury.



It's okay to eat other cooked (NO Sushi) fish/seafood as long as a variety of other kinds are selected during pregnancy or while a woman is trying to **become** pregnant. She can eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.



Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.