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Healthy Eating During Pregnancy

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Healthy Eating During Pregnancy

Karen Bergs, R.D.



How Much Should I Eat?

It is very important that you eat as healthily as you can while you are pregnant. Babies need nutrients from the food you eat to help them grow. You don't have to eat twice as much while you are pregnant, just twice as wisely. Keep in mind the Food Guide Pyramid when choosing meals and snacks each day. The food groups are listed below along with the recommended number of daily servings and some examples of what one serving is.

Bread Group: 9-11 Servings

Bread – 1 slice
Rice or pasta – 1/2 cup
Cold cereal – 1 oz.
Cooked cereal – 1/2 cup
Bagel – 1/2 each

Fruit Group: 2-4 Servings

Juice – 3/4 cup
Dried fruit – 1/4 cup
Canned or frozen – 1/2 cup
Raw – 1 medium sized

Meat Group: 2-3 Servings

Egg – 1 each
Meat – 2-3 oz (size of a deck of cards)
Cooked dry beans – 1/2 cup
Peanut butter – 2 Tbsp.

Vegetable Group: 3-5 Servings

Raw – 1/2 cup
Cooked, canned or frozen – 1/2 cup
Raw leafy – 1 cup

Milk Group: 2-3 Servings

Milk – 1 cup
Yogurt – 1 cup
Natural cheese – 1/4 cup grated

After the third month of pregnancy, you need to eat an extra 300 calories per day. Here are some examples of foods to add:

- 1 oz. cold cereal, 1 banana, and 1 cup milk
- 1 baked potato with 1 cup veggies, and 1 oz. cheese
- 2 oz. turkey on 2 slices of whole wheat bread with lettuce and tomato

Am I Gaining Too Much Weight?

To figure out how much weight you need to gain, determine your weight before pregnancy.

Normal weight: gain 25-35 pounds
Overweight: gain 15-25 pounds
Underweight: gain 28-40 pounds
Expecting twins: gain 35-45 pounds.



Why Do I need to Gain Weight?

- Your baby needs nutrients to grow.
- Proper foods will help your baby be healthy.
- Restricting food intake may cause your baby to be too small at birth.
- Small infants have a greater risk of being sick infants.
- The weight you gain includes the weight of the baby, extra blood and fluids, and the placenta.

Discomforts During Pregnancy: Heartburn

During the last three months of your pregnancy, you may experience heartburn. Here are some tips worth trying to reduce your discomfort:

- Eat frequent, small meals.
- Reduce the amount of greasy, spicy and high fat foods you consume.
- Reduce the amount of caffeine you drink.
- Do not lie down after eating. Stand up or take a short walk.
- Sleep with your head elevated.
- Do not wear tight clothing.



Discomforts During Pregnancy: Nausea

Nausea, or morning sickness, can occur anytime during pregnancy. If you experience these symptoms, try these tips:

- Eat bread, crackers, or dry cereal before getting out of bed in the morning.
- When you do wake up, get out of bed slowly.
- Eat five to six small meals throughout the day. Try not to let your stomach get empty.
- Limit high-fat, greasy foods.
- Eat a snack such as crackers and peanut butter before going to bed.
- Avoid foods with strong odors (such as spicy foods).
- Drink liquids between meals instead of with meals.
- Talk to your doctor if you vomit more than two times a day.

Are Food Cravings Normal?

- Food cravings and dislikes are normal during pregnancy.
- Choose foods from each level on the Food Guide Pyramid. If you cannot eat one food in a group, try another food in that group.
- Do not let foods such as ice cream and chips replace nutritious foods.
- Avoid eating non-food items such as laundry starch and clay. Your baby needs nutritious food to grow properly.

Chicken or Tuna Salad

Serves 7

3 cups elbow macaroni, cooked
 1 1/2 cups cooked chicken, or 9 oz. can tuna, drained
 1 green pepper, diced
 1/2 cup onion, chopped
 1 cup celery, diced
 1 cup frozen peas
 1-2 carrots, grated
 3/4 cup light salad dressing

Mix macaroni, meat, green pepper, onion, celery, peas and carrots together in mixing bowl. Add salad dressing and mix. Chill before serving. (Note: Frozen peas will thaw while salad is chilling).

Nutrition Facts	
Serving Size 1 1/4 cups	
Servings Per Container 7	
Amount Per Serving	
Calories 240 Calories from Fat 90	
% Daily Value	
Total Fat 10g	15%
Saturated Fat 2g	10%
Cholesterol 30mg	10%
Sodium 210mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	
Sugars 4g	
Protein 12g	
Vitamin A 122%	Vitamin C 35%
Calcium 3%	Iron 10%

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Sources:

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