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### **Your Guide to Eating Well Throughout Pregnancy**

Pregnancy is a nutritionally demanding time. Your body relies upon the adequate consumption of certain vitamins and minerals to provide it with bone support, healthy oxygen saturation for your muscles and tissues, and to produce extra blood volume. Your baby relies upon your proper nutrition intake for rapid cell division, organ development, and healthy brain growth. You need an extra 300 calories a day while pregnant in order to support your baby's rapid growth and development. 300 calories is approximately the same number of calories supplied by:

- ♥ 2-1/2 cups of low-fat milk
- ♥ A bagel with cream cheese
- ♥ One cup of ice cream

When you look at it this way 300 calories may not seem like all that much but it is just what your baby needs. You do not need to literally "eat for two" by doubling the amount of food that you normally eat. Conversely, you may need to make special effort to get all the calories you need if you find that you don't have much of an appetite.

### **Weight Gain**

You should aim to gain between 25 and 35 pounds during your pregnancy to help your baby grow and to prepare your body for breastfeeding. You will need to gain a little more than this if you were thin when you got pregnant. You should gain less than this if you were overweight when you got pregnant. You may gain only a few pounds during your first few months of pregnancy, and then you will gain weight faster as your baby grows. During the last 6 months, gaining about a pound a week is just about right. Below is a breakdown of where the weight goes.

- ♥ Breasts: 1.5 pounds
- ♥ Uterus: 1.5 pounds
- ♥ Placenta: 1.5 pounds
- ♥ Blood and other Body Fluids: 3 pounds
- ♥ Baby: 6-10 pounds
- ♥ Mother's Necessary Fat Stores and Muscle: 10 pounds

### **Protein**

Both you and your baby need protein. You need to consume 60 grams of protein a day, which is only 10 grams more than it is suggested you eat before you became pregnant. Listed below are examples of protein sources and how much protein they yield.

#### Grains

- ♥ 1 cup oatmeal= 6g
- ♥ 1 cup brown rice= 5g
- ♥ 1 cup spaghetti= 6g
- ♥ 2 slices whole wheat bread= 6g

### Legumes and Nuts

- ♥ 1oz almonds= 6g
- ♥ 1oz cashews= 4g
- ♥ ½ cup lentils= 8g
- ♥ ½ cup garbonzo beans= 7g
- ♥ ½ cup kidney beans= 8g
- ♥ ½ cup soybeans= 10g
- ♥ 1 cup black beans= 15g
- ♥ 2 Tbsp peanut butter= 10g

### Dairy and Eggs

- ♥ 1 large egg= 7g
- ♥ 1 cup skim milk= 8g
- ♥ 1 cup low-fat yogurt= 12g
- ♥ ½ cup cottage cheese= 16g
- ♥ 1oz mozzarella cheese= 8g
- ♥ 1oz cheddar cheese= 7g

### Meat, "Meat", and Fish

- ♥ 3oz veggie burger= 26g
- ♥ 4oz chicken= 31g
- ♥ 4oz steak= 35g
- ♥ 4 oz ground beef= 33

## **Calcium**

Now that you are pregnant you need 50% more calcium than you needed before you became pregnant. This means you should aim to consume 1200mg of calcium a day, especially if you are under the age of 25 and still building bone mass. It is estimated that most women who do not take calcium supplements only get about 75% of their recommended daily requirement of calcium from the food they eat. Because of this the National Academy of Sciences and the March of Dimes recommend that all pregnant women take a calcium supplement of 250mg per day. Supplemental calcium is most easily absorbed when taken with meals. Sources of calcium include:

- ♥ 8 ounces plain, non-fat yogurt= 452mg
- ♥ 2 ounces Swiss cheese= 438mg
- ♥ 1.5 ounce mozzarella cheese= 311mg
- ♥ 1 cup low fat cow milk= 290mg
- ♥ 1 cup fortified soy milk= 368mg
- ♥ 3 ounces salmon= 181mg
- ♥ ½ cup collard greens= 178mg
- ♥ ½ cup kale= 90 mg
- ♥ ½ cup beet greens= 82mg

## **Iron**

Your iron requirement doubles in pregnancy. It is recommended that you get 30 mg of iron a day from food and/or an iron supplement. Sufficient iron stores will support your expanding blood volume and will allow your baby to develop the iron stores she needs to support her in her first months of life. Please let me know if you have ever experienced anemia (low iron) before. If you do not know this information about yourself, that's o.k. We will be checking you for anemia at different points in your

pregnancy. Sea vegetables such as kelp, sea weeds, and dulse, are some of the highest sources of iron you can eat. Here is a list of food-based iron sources and the amount of iron they contain.

- ♥ 3 ounces beef= 3mg
- ♥ 3 ounces of pork= 3mg
- ♥ 3 ounces of sardines= 3mg
- ♥ 3 ounces of oysters= 13mg
- ♥ 1 egg= 1mg
- ♥ ½ cup of green peas= 2mg
- ♥ ½ cup spinach= 2mg
- ♥ ½ cup raisins= 3mg
- ♥ ½ prune juice= 5mg
- ♥ ½ cup walnuts= 4mg
- ♥ ½ cup cashews= 3mg
- ♥ ½ cup bran flakes= 3mg
- ♥ Cooking with cast iron cookware provides trace amounts of iron to your food each time you use it.

### **Vitamin D**

Most women are deficient in vitamin D even if they take vitamin supplements regularly. We will test you for vitamin D deficiency at your first prenatal visit so that you will be aware of your vitamin D status. Vitamin D deficiency can lead to the development of cancer, depression, diabetes, and hypertension, among other disorders. Based on information supplied by the Food and Nutrition Board and the American Journal of Clinical Nutrition, we recommend that you get 1,000-3,000IU (International Units) of Vitamin D<sub>3</sub> (cholecalciferol) every day in addition to your food and multivitamin, if you are choosing to take one.

Vitamin D is found in:

- ♥ 1 serving of fatty fish= 300IU
- ♥ 1 cup milk= 100IU
- ♥ Sunshine:
  - 5 minutes of midday full sun per day for light skin= 10,000IU
  - 45 minutes to 1 hour of midday full sun per day for dark skin= 10,000IU
- ♥ Supplements= 1,000IU-3,000IU per day in addition to food and a vitamin D<sub>3</sub>-containing multivitamin.

### **Good Fats and Bad Fats**

Some fats are good for you; others are not. Good fats, also known as omega-3 fatty acids or essential fatty acids, provide many benefits including decreasing the risk of heart disease, decreasing the incidence of depression, and clearing up skin conditions such as eczema and psoriasis. These good fats are also essential for promoting the growth and development of your baby's brain and eyes. Sources of good fats are:

- ♥ Cold-water fish (including the skin and fat)
  - Salmon
  - Herring
  - Sardines

Two servings of these types of fish per week will provide you with all the fatty acids you need.

- ♥ Eggs- Some eggs contain omega-3 fatty acids if the chickens were fed a diet rich in omega-3's. Check your egg carton to find out whether your eggs are fortified with omega 3's. It is safe to eat one egg a day in pregnancy.
- ♥ Flax seeds and flax seed oil are two examples of vegetarian sources of good fats. The good fats found in flax are not very easily absorbed by the body but it is an option if you do not eat fish or eggs. Grind the flax seeds in a coffee grinder (or purchase them already ground) and store them in the fridge. Sprinkle the grounds over your morning cereal or add it as an egg-replacer to your baked goods. We recommend that you get 3 Tbsp of ground flax per day or 1Tbsp of flax oil per day. If you wish to use ground flax as an egg-replacer, mix 1Tbsp of ground flax with 3Tbsp of water for each medium-sized egg called for in your recipe. Flax oil makes a wonderful base for homemade salad dressing or you can take it in capsule form.

To the best of your ability you need to avoid eating foods that contain bad fats such as trans-fatty acids (hydrogenated oils/partially hydrogenated vegetable oil) and limit your intake of saturated fats because they can lead to heart disease and other health problems. They also compete against your absorption of good fats. Examples of trans-fatty acids include:

- ♥ Fried foods
- ♥ Most processed snack foods and entrees (read the labels!)
- ♥ Most margarines, some condiments, and some salad dressings

Examples of saturated fats include:

- ♥ Fats found in cheese, butter, cream, and milk (excluding non-fat milk)
- ♥ The fat of non-fish animals such as cows, pigs, and chickens (make sure you eat lean meat cuts)

## **Water**

Water is important! Your body needs water to support its increased blood volume, to help prevent and treat edema, and to support adequate amniotic fluid volumes for your baby. We recommend that you drink at least 8 tall glasses of water a day.

## **Vegetarianism and Veganism in Pregnancy**

We understand and respect your food practices and beliefs. We also trust that you will pay special attention to your diet during this time to ensure that you and your baby are receiving the necessary amounts of nutrients. If you follow a strict vegetarian or vegan diet please:

- ♥ Take a quality, easily digestible, daily multivitamin designed for pregnant mothers.
- ♥ Make sure that you are getting *at least* 250mg of calcium supplementation every day in addition to your food and your multivitamin. Taking your calcium with meals is a good way to encourage its absorption.
- ♥ Make sure that you are getting 30mg of iron supplementation every day because iron is most easily absorbed from red meat, not from vegetarian sources. Please take your supplement apart from dairy but along with a vitamin C source such as a supplement, an orange, or a glass of orange juice. This will help your body absorb iron easier. Consider purchasing cast iron cookware.
- ♥ Make sure that you get 1,000IU-3,000IU of Vitamin D3 per day in addition to your food and multivitamin.

- ♥ Be aware of how much processed soy product (tofu, soy milk, TVP) you are eating as a replacement for meat. Consuming more than one serving of processed soy per day places you at risk for decreased calcium and vitamin D levels. Processed soy leaches calcium from the bones and increases the body's need for vitamin D. Luckily, non-processed fermented soy foods (tamari, miso, tempeh) do not carry these risks.

Please be sure to ask questions regarding the topic of vegetarian and vegan pregnancies if you need to. We will be happy to speak with you about it. Remember, there have been many healthy, happy babies born to vegetarian and vegan mothers!

### **Vitamin and Mineral Supplements**

According to the National Academy of Sciences not all pregnant women need to take prenatal vitamins. Taking pre-natal vitamins is an individual decision made by you with my input if necessary. If you decide to take vitamin and mineral supplements you should begin doing so at the beginning of your 2<sup>nd</sup> trimester of pregnancy and continue until you stop breastfeeding your child.

### **Herbs**

We believe that the prudent use of herbs in pregnancy is beneficial for you and your baby, however, it is important to consider that most herbs have potentially toxic side effects if taken in excess. For this reason we ask that you discuss with me any herbs that you are currently taking or ever consider taking while pregnant.