
Prenatal Nutrition Goals

Prenatal nutrition recommendations will help to optimize your overall health before, during, and after your pregnancy.

Short Term Goal: Promote optimal fetal growth and healthy maternal weight gain.

Long Term Goal: Reach and maintain a “healthy” weight, consume a balanced diet, and be physically active.

These recommendations below will help you reach your short- and long-term goals:

- Aim for 5-7 servings of vegetables a day.
- Aim for 2-3 servings of fruit a day.
- Choose whole grains and limit refined flour products and cereals.
- Consume adequate amounts fiber.
- Consume lean sources of protein such as lean meats, fish, eggs, beans and nuts.
- Consume adequate amounts calcium for bone health.
- Consume healthy fats, and limit unhealthy fats.
- Limit sodium consumption to 2,300 mg a day.
- Practice food safety.
- No more than 6 oz. of sugary beverages and less than 200mg of caffeine a day.
- Stay hydrated with 9 glasses of water daily and drinking to thirst.
- Eating a variety of foods will help to meet micronutrient requirements in pregnancy:
 - At least 600 micrograms of folic acid daily, 1,000 mg of calcium daily, and 27 mg of iron daily are needed. Take a prenatal vitamin as prescribed.
- Be physically active

Food Safety

The USDA Food Safety Guidelines state:

- Always wash hands before and after handling food. Always wash utensils, cutting boards, and surfaces between use with different food items. Keep raw meats (ex: poultry, fish, beef, etc.) and their juices away from other foods to prevent cross contamination.
- Refer to *USDA Food Safety Guidelines* for more information:
 - English: <https://www.fsis.usda.gov>
 - 1-888-SAFE-FOOD (1-888-723-3366)

Avoid the following foods:

- Unpasteurized juices, unpasteurized milk, or dairy products such as soft cheeses made from unpasteurized milk (feta, brie, camembert, blue-veined cheese, queso fresco)
- Raw or undercooked meat and poultry – refer to the link above for correct cooking temperatures.
- Raw or undercooked fish such as sushi or ceviche.
- Foods containing raw or undercooked eggs such as Caesar salad dressing, homemade eggnog, and poached eggs.
- Refrigerated hot dogs, deli and luncheon meats. You may consume these only after reheating to steaming hot.
- Sprouts (bean and alfalfa) if not heated or cooked.
- Herbal teas unless okayed by OBGYN. Monitor Caffeine in black/green tea.

Wash all fruits and vegetables including prewashed bagged fruits and vegetables.

Recommended Weight Gain

General weight gain recommendations are used as a reference tool, individual needs may vary. Your provider will be able to better determine your weight goals based on your unique situations.

Pre-Pregnancy Weight Category	Body Mass Index	Range of Total Weight Gain (lb)
Underweight	Less than 18.5	28-40
Healthy Weight	18.5-24.9	25-35
Overweight	25-29.9	15-25
Obese	30 and greater	11-20

Healthy Eating Guidelines

Foods to Have	Foods to Avoid
Protein (5-7 ounces daily)	
Chicken without skin	Fatty meats
Turkey without skin	Organ meats
Lean beef or other lean meats	Poultry skin
Lean Ground Beef (96% or greater)	Sausage
Low sodium tofu	Hot dogs
Eggs	Bacon
Salmon, Catfish, Tilapia, Tuna	Bologna, salami, pastrami meats, most luncheon meats
Shellfish	
Cottage cheese	
Cooked beans, lentils, split peas	

Remember to heat all meat and fish to proper temperature. Refer to USDA Food Safety Guidelines.

Foods to Have	Foods to Avoid
Dairy (3 servings daily)	
Skim milk, 1% milk	Unpasteurized Milk and Cheese
Evaporated skim milk, powdered skim milk	Eggnog
Lactose free milk	Custards
Soy, almond or rice milk	Cheese spreads
Low fat or non-fat yogurt	Soft Cheeses (brie, feta, Mexican cheese, camembert, and blue veined cheese)

Fruits and Vegetables (5-7 servings daily)	Foods to Avoid
Fruit: Fresh, frozen, canned (packed in water, juice)	Vegetables prepared in butter, cream, or other sauces
Dried Fruits	Fried fruit and vegetables
100% fruit juices (pasteurized)	Canned fruit packed in syrup
Vegetables: Fresh, frozen, canned (low sodium or salt free)	Vegetable juice (high sodium)
Low sodium vegetable juice	Unpasteurized or Fresh Squeezed Juice

Remember to wash all fruits and vegetables thoroughly.

Grains (6-7 ounces daily)	Foods to Avoid
Whole grain bread	White bread
Brown rice, Quinoa, Bulgar	Sugared Cereal
Oatmeal	Doughnuts
Whole grain pasta	Croissants
Whole grain crackers	Biscuits
Black, garbanzo, kidney, lima, pinto cooked beans	Commercial muffins
Lentils, Split peas	Fried rice
Air popped popcorn	High fat microwave buttered popcorn

Fats and Oils (5-6 daily)	Foods to Avoid
Unsaturated vegetable oils: (olive, canola, peanut, sunflower, soybean, corn, safflower, sesame seed, flaxseed)	Gravy from meat drippings (unless fat is removed)
Mayonnaise made with oils listed above	Lard
Low sodium/low fat salad dressings, tub margarines (trans fat free)	Stick margarine, butter
Avocado	Bacon
Ground flaxseed	Coconut oil, palm or palm kernel oil
Peanut butter and other nut spreads	Dressings made with egg yoke and or cheese
All natural or low sodium: almonds, walnuts, pistachio nuts, hazelnuts, Brazil nuts, pecans, peanuts	Olives in moderation (due to high sodium content)
Sesame, pumpkin, sunflower seeds	

Foods to Have	Foods to Avoid
Desserts and Sweets (minimize if possible)	
Dark chocolate square	Commercially prepared pies, cakes, pastries, cookies and other baked goods (avoid trans fats).
Sugar free pudding	Raw cookie dough
Berries and whipped topping	
Cinnamon apples	

Beverages (8-9 cups daily)	Foods to Avoid
Filtered water, boiled water or bottled water	Beverages high in sugar and/or fat
Sugar free drink mixes	Regular soda
Diet decaffeinated carbonated beverages	Energy drinks
Decaffeinated coffee and tea	Sports drinks (like Gatorade)
	Vitamin waters
	Sweetened commercial coffee drinks
	Alcohol

Remember to AVOID unpasteurized juices or juice beverages that contain grapefruit

Nutrient Recommendations

Balanced intakes and increased variety in food choices help you to meet nutrient recommendations. Taking a prenatal vitamin can also help to insure adequate nutrient intakes are met. Take vitamins with meals for optimal absorption. *DGA 2020-2025

Nutrient	RDA	Why You Need It	Best Sources
Calcium Citrate	1,000 mg	Helps to build strong bones and teeth.	Milk, Cheese, Yogurt, Sardines
Iron	27 mg	Helps to create red blood cells.	Lean red meat, dried beans, and peas; iron fortified cereals
Magnesium	360 mg	Helps build strong teeth and bones.	Nuts, Seeds, Soybean
Phosphorus	700 mg	Helps build strong bones and developing nervous system.	Nuts, Seeds, Soybean, Sardine
Potassium	2,900 mg	Fluid and electrolyte balance.	Banana, Tomato, Avocado, Potato, Orange
Sodium	2,300 mg	Fluid and electrolyte balance.	Found in most foods, monitor intakes
Zinc	11 mg	Helps maintain strong immune system, and support cell growth.	Beef, nuts, clams, cocoa bean
Iodine	220 mcg	Neurocognitive development in fetus, and synthesis of thyroid hormones and protein tissues.	Fish, Eggs, Turkey, Yogurt, Strawberries, Table Salt
Folate	600 mcg	Needed to produce blood and protein.	Green leafy vegetables, liver, orange juice, legumes, nuts
Vitamin A	770 mcg RAE	Forms healthy skin and helps eyesight and bone growth.	Carrots, dark leafy greens, sweet potatoes
Vitamin B6	1.9 mg	Helps form red blood cells, helps body use protein, fat, and carbohydrates.	Beef, Liver, Pork, whole grain cereals, bananas
Vitamin B12	2.6 mg	Maintains nervous system, needed to form red blood cells.	Liver, meat, fish, poultry, milk
Vitamin C	85 mg	Promotes healthy gums, teeth, and bones. Helps absorb iron.	Citrus fruit, broccoli, tomatoes, strawberries
Vitamin D	600 IU	Helps build strong bones and teeth.	Milk, cheese, yogurt, fortified orange juice

Nutrition Label Reading

Nutrition label reading can be very helpful when identifying suggested serving sizes, total calories, saturated and trans-fat, total carbohydrates, fiber per serving, and if any sugars have been added.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Look at serving size and servings per container first. Calorie and nutrient information applies to **ONE** serving. Eating more than 1 serving will increase calories!

Saturated Fat per serving should be less than 2 grams- no more than 15 g saturated fat per day.
Trans Fat per serving should be 0 g.

Choose foods with 3 g of fiber or more to meet your overall goal of getting 25-30 g of fiber a day.

Some foods contain natural sugars. However, you should have no more than 24g of total added sugar daily.

- When comparing food items, choose items with more protein and fiber.
- If you want to consume less of a nutrient such as saturated fat or sodium, then choose foods less than 5% Daily Values. If you want to consume more of a nutrient such as fiber, then choose foods more than 20% Daily Value.

** If you want to consume less of a nutrient such as saturated fat or sodium choose foods that contain less than 5% Daily Values. If you want to consume more of a nutrient such as fiber, choose foods that contain more than 20% Daily Value.

Sample Meal Plan

Breakfast

- 1 cup steel cut or slow cooking oatmeal or fortified cereal
- 1/2 cup fresh fruit
- 1 egg white scrambled
- 1 cup fat-free milk

Morning Snack

- 5 whole grain crackers
- 1.5 oz cheddar cheese

Lunch

- 1 large mixed green salad with vegetables
- 1 tablespoons vinegar and oil salad dressing
- 3 Oz grilled chicken
- 1/3 cup cooked pasta with 1 tsp olive oil
- 1 whole grain dinner roll
- 1 medium piece fresh fruit

Afternoon Snack

- 1/2 cup hummus
- 5 carrot sticks
- 1/2 c broccoli florets

Evening Meal

- 3 oz. roast beef
- 1/2 baked sweet potato
- 1/2 cup steamed Brussel sprouts
- 1 Ciabatta Dinner roll - Optional

Evening Snack

- 1 string cheese
- 1/2 cup sliced strawberries

Speak with your Registered Dietitian to determine your specific calorie needs.

Nutrition Tips for Common Complications

Nausea, Vomiting, and Heartburn

- 6 small meals/snacks daily
- Easy to digest foods
- Bland foods, Cold foods, Crunchy foods
- Try dry cereal or crackers before getting out of bed in the morning
- Drink beverages or liquid foods (smoothies, soups)
- Ginger
- Avoid high fat items
- Avoid acidic foods
- Avoid fizzy beverages
- Avoid highly seasoned foods
- Avoid odorous foods that trigger nausea
- Do not lay down immediately after eating
- Don't skip meals

Constipation

- 30g Fiber/day
- Metamucil, Citrucel (bulk forming fiber supplements)
- Adequate hydration
- Physical Activity

Exercise during Pregnancy

Check with your medical team first and make sure you are cleared from your Doctor before beginning an exercise.

Why Exercise?

- Exercise helps with energy levels, weight management, and blood flow.
- Help prevent long term weight gain and improve cardiovascular health.
- May help to reduce blood glucose levels and manage gestational diabetes.
- May help to reduce swelling.
- Regular exercise, such as aerobic training and strength training can help:
 - Add muscle mass
 - Reduce unwanted fat
 - Improve mood
 - Improve muscle strength

Exercise Goals

- 150 minutes of moderate cardiovascular activity weekly increasing duration or intensity as tolerated. (Ex: 30 minutes of brisk walking daily)
- Strength training and conditioning 2-3x weekly (light dumbbells, body weight resistance, resistance bands increasing weight/reps as tolerated or approved by OBGYN).
- Work with your Registered Dietitian or Physical Therapist for recommendations to modify and increase exercise as tolerated.