Healthy Eating During Pregnancy

Pregnancy is the most nutritionally demanding time of a woman's life. Your body needs enough nutrients every day to support the growth of your baby. These are the additional requirements needed during pregnancy. The United States Department of Agriculture has updated its website for dietary information. Please access this excellent site at www.mypyramid.gov. You will be able to input your individual height and weight and determine the best diet during your pregnancy with MyPyramid Tracker.

RDAs (Recommended Daily Allowance) for Pregnant Women: (additional)

Female RDA

Calories	+300	Calcium	100 mg/d
Folate	400 mcg	Vitamin D	5 microg/d
Vitamin E	10 IU	Flouride	3 mg/d
Vitamin K	65 mcg		
Vitamin C	70 mg	Carbohydrate	175 g/d
Thiamin	1.5 mg	Total fiber	28 g/d
Riboflavin	1.6 mg	Total fat	Not determined
Niacin	17 mg	Protein	71 g/kg/d
Vitamin B6	2.2 mg		
Vitamin B12	2.2 mcg		
Iron	30 mg	Breastfeeding	+500 calories
Zinc	15 mg		
Selenium	65 mcg		

A pregnant woman needs about 300 calories a day more than she did pre-pregnancy to support the rapid growth of the fetus and her changing body. (Pre-pregnancy needs are about 2,200 calories daily for most active women and teenage girls and about 1,600 calories for sedentary women.)

Weight Gain During Pregnancy

Weight gain during pregnancy should be gradual with the most weight being gained in the last trimester. According to the ACOG, you should gain about 2 to 4 pounds during the first three months of pregnancy and then 3 to 4 pounds per month for the rest of your pregnancy.

Total weight gain for women with a normal Body Mass Index (BMI) - the ration of weight to height - should be about 25 to 30 pounds. This will decrease the risk of delivering a low-birth-weight baby. The Institute of Medicine recommends that women who have a low BMI) should gain 28 to 40 pounds during pregnancy.

Women who have a high BMI should gain less. Obese women have a greater risk of having babies with neural-tube defects and other malformations. They are twice as likely to need a Cesarean section for delivery. Babies born from obese mothers are more likely to be overweight later in life. Recent information recommends obese women not to put on any pounds at all during pregnancy.

Food Guide Pyramid: A Guide to Daily Choices for Pregnant Women

Food Group	Recommended Servings	What Counts as a Serving?
Breads, Cereal, Rice, and Pasta Group—especially whole grain and refined (enriched)	6 - 11 servings	1 slice bread ½ hamburger bun or English muffin 3 - 4 small or 2 large crackers ½ cup cooked cereal, pasta, or rice About 2 cup ready-to-eat cereal
Fruit	2 - 4 servings	¾ cup juice 1 medium apple, banana, orange, pear ½ cup chopped, cooked or canned fruit
Vegetable (Eat dark-green, leafy, yellow or orange vegetables, and cooked dry beans and peas often.)	3 - 5 servings	1 cup raw leafy vegetables ½ cup other vegetables—cooked or raw ¾ cup vegetable juice
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts—preferably lean or low fat	3- 4 servings	2 -3 ounces cooked lean meat, poultry, fish ½ cup cooked, dry beans** or ½ cup tofu counts as 1 ounce lean meat 2 tablespoons peanut butter or ⅓ cup nuts counts as 1 ounce meat
Milk, Yogurt, and Cheese—preferably fat free or low fat	3 - 4 servings*	1 cup milk 1 cup buttermilk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese 1 cup calcium-fortified soy milk
Fats and Sweets	Use sparingly	Limit fats and sweets
Alcohol	Avoid	Avoid alcoholic beverages altogether
* During pregnancy and lactation, the recommended number of milk group servings is the same for non pregnant women. A soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.		
**Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or the vegetable group. As a vegetable, ½ cup cooked, dry beans counts as 1 serving. As a meat substitute, 1 cup cooked, dry beans counts as 1 serving (2 ounces meat).		
Adapted from Eating for Two, 2002, March of Dimes and the Dietary Guidelines for Americans, Fifth Edition, 2000, U.S. Department of Agriculture and the U.S. Department of Health and Human Services		

Read juice labels. Many drinks that seem to be fruit juices are really drinks that have little
or no fruit juice. Since fruit-type drinks are mostly sugar, they do not count as a serving.
Remember, fresh fruits and dried fruits have more fiber than fruit juice, so they are better
choices.

Resources for more information:
USDA site: www.mypyramidtracker.gov/
March of dimes website: www.ific.org/publications/brochures/pregnancybroch.cfm
Body mass index website: www.nhlbisupport.com/bmi
University of Pittsburg website: http://patienteducation.upmc.com/Pdf/NutritionPregnancy.pdf
Food and Nutrition Service website: www.fns.usda.gov/fns/
Weight guidelines: http://198.102.218.57/dietaryguidelines/dga2000/document/aim.htm#weight_top
Pregnancy and breastfeeding nutrition information reading list:
www.nal.usda.gov/fnic/pubs/bibs/topics/pregnancy/pregcon.html
Nutrition in pregnancy:
www.nutrition.gov/framesets/frameset.php3?topic=food%20facts&subtopic=dietary%20guidelines
National Women's Health Information Center (NWHIC): www.4woman.gov/pregnancy
Lucille Packard Hospital - Pregnancy information:
www.lpch.org/DiseaseHealthInfo/HealthLibrary/pregnant/index.html
Pregnancy and Newborn Health Education Center:
www.lpch.org/DiseaseHealthInfo/HealthLibrary/pregnant/nutrit.http