

Nutrition in Pregnancy and Breastfeeding

Food is extremely important in pregnancy and breastfeeding. You need an extra 300 calories a day during pregnancy to gain the right amount of weight for a healthy, strong baby. You can do this by adding in 1 or 2 healthy snacks during the day. During pregnancy, you should gain 25-35 pounds if you were normal weight, 15-25 pounds if you were overweight, and 28-40 pounds if you were underweight before pregnancy. Your weight should increase slowly with the majority of gain in the third trimester. Different foods help your baby grow in different ways, so it is important to eat a variety of foods. While breastfeeding, you need an extra 500 calories. Two or three healthy snacks during the day should meet your body's extra energy needs. Aim for the higher daily serving range in each of the food groups if you are breastfeeding.

<u>Food Group</u>	<u>Functions</u>	<u>Daily Servings</u>	<u>One Serving</u>
Milk/Yogurt and Cheese	Builds bones & teeth. Keeps nerves & muscles working well.	3 -4	1 cup milk 1 cup yogurt 1 ½ oz. cheese
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts	Basic building material, assures adequate growth of the baby. Forms antibodies to help fight infection.	6 – 8	1 oz. meat, fish or poultry 2 Tbsp. Peanut Butter ½ cup cooked beans ¼ cup cottage cheese 1 egg 4 oz. tofu
Vegetables	Fight off infection, promote healthy skin and eye sight. Helps the body use iron.	3 or more	½ cup cooked 1 cup raw leafy ¾ cup vegetable juice
Fruit	Fight off infection. Vitamin C needed for healthy bones and to help heal wounds.	2 – 3	1 medium fresh fruit ½ cup canned fruit ½ cup 100% fruit juice
Bread, Cereal, Rice, & Pasta	Provides energy and iron. Fiber from whole grains helps prevent constipation.	7 or more	1 slice bread ¾ cup dry cereal ½ cup cooked cereal ½ cup pasta or rice
Fats, Oil, and Sweets	Provides energy.	Use sparingly	1 tsp. margarine 1 tsp. butter 1 tsp. sugar or honey 1 Tbsp. salad dressing

Nutrition in Pregnancy and Breastfeeding

Special Concerns

- Go easy on **caffeine** while pregnant. Moderation is best – no more than 1 or 2 servings of coffee, tea, or caffeine-containing soft drinks per day. Caffeine may interfere with calcium and iron absorption therefore, try to consume iron and calcium sources at least 1 hour apart from caffeine intake.
- If alcohol or other drugs are in your blood, your baby is exposed to them. The ill effects of alcohol are well known, but exactly how much is safe or not is unknown. It is best to COMPLETELY AVOID alcohol and drugs while you are pregnant. If you have a substance abuse problem, talk to your doctor.

Look for a prenatal vitamin that includes:

- 400 micrograms (mcg) of folic acid
- 400 IU of vitamin D
- 200 to 300 milligrams (mg) of calcium
- 70 mg of vitamin C
- 3 mg of thiamine
- 2 mg of riboflavin
- 20 mg of niacin
- 6 mcg of vitamin B12
- 10 mg of vitamin E
- 15 mg of zinc
- 17 mg of iron
- 150 micrograms of iodine
- In some cases, your doctor will give you a prescription for a certain type of prenatal vitamin.

Note of Vitamin A

- The government considers **3,000 micrograms (mcg) RAE (10,000 IU) to be the maximum amount** of preformed **vitamin A** that you should get from supplements, animal sources, and fortified foods – combined – each day. The upper limit for women **younger than 19 is 2,900 micrograms (mcg) RAE (9,240 IU)**
- It is important during pregnancy not to get too much of the preformed vitamin A, which in **high doses can cause birth defects and liver toxicity.**