

Nutrition During Pregnancy

Women who typically eat three meals daily consisting of several servings of vegetables, fruits, whole grains, dairy products, and a few sources of protein (e.g. meat, fish, eggs, dried peas or beans) are likely to have adequate nutrition. Women who skip meals several times a week or consume large amount of soft drinks and snack foods may benefit from nutritional counseling.

After the first trimester, 300 extra kcal per day are required to meet the metabolic needs of pregnancy. Women who exercise require higher daily intake.

Recommended Weight Gain based on Current Body Weight and BMI:

| | | |
|---|---|---------------------|
| Under wt <input type="checkbox"/> | (BMI < 19.8) <input type="checkbox"/> | 28-40 pounds |
| Normal wt <input type="checkbox"/> | (BMI 19.8-26) <input type="checkbox"/> | 25-35 pounds |
| Over wt <input type="checkbox"/> | (BMI 26.1-29) <input type="checkbox"/> | 15-25 pounds |
| Obese <input type="checkbox"/> | (BMI >29) <input type="checkbox"/> | 10-15 pounds |

A Balanced Diet:

Protein: 5-6 gm/day above the nonpregnant state
Vegetarians should incorporate soy and dairy products, protein powder

Other Supplements:

Iron 30 mg/day
Calcium 1200mg/day
Folic acid 0.4 mg/day

Avoid/discontinue megavitamins, herbal supplements, Vitamin A > 10,000 IU/day, or excessive Vitamin D, E, K.
Caffeine > 500mg/day increases the risk of spontaneous abortion and stillbirth.

Fish:

- Avoid shark, swordfish, king mackerel, tilefish.
- Limit other fish to < 12 ounces/week