

NUTRITION DURING PREGNANCY ▶▶▶

Nutrient needs during pregnancy are increased in order to support the growth of the fetus while maintaining the health of the mother.

How can you meet your increased nutritional needs during pregnancy?

1 The food you eat should be packed with nutrients, not empty calories. Eat nutrient-dense foods, such as fruit, vegetables, whole grains, and lean protein.



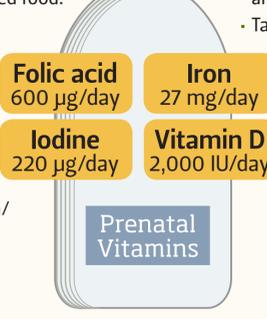
2 Consider taking a dietary supplement under the supervision of a qualified healthcare provider.

FOLIC ACID

- Folic acid is the synthetic form of folate found in supplements and fortified food.
- All women capable of becoming pregnant should supplement with 400 µg/day of folic acid and increase to 600 µg/day throughout pregnancy.

IODINE

- Consider a prenatal multivitamin/mineral supplement containing 220 µg/day.



IRON

- Most pregnant women will require an iron supplement.
- Take iron supplements between meals or at bedtime on an empty stomach.

VITAMIN D

- 90% of pregnant women do not consume the recommended amount of vitamin D.
- The LPI recommends 2,000 IU/day of supplemental vitamin D.

3 Include foods that are good sources of the important micronutrients mentioned below.

MICRONUTRIENTS

VITAMINS · ESSENTIAL MINERALS · CHOLINE

▶ RECOMMENDED DIETARY ALLOWANCE (RDA) SUBSTANTIALLY INCREASED WHEN PREGNANT

	FOLATE	IRON	IODINE	ZINC
RDA	From 400 to 600 µg DFE/day	From 18 to 27 mg/day	From 150 to 220 µg/day	From 8 to 11 mg/day
Good sources				
Examples	lentils ½ cup cooked = 179 µg DFE garbanzo beans ½ cup cooked = 141 µg DFE spinach ½ cup cooked = 131 µg DFE	lentils ½ cup cooked = 3.3 mg beef 3 oz cooked = 1.6 mg canned light tuna 3 oz = 1.3 mg	cow's milk 8 oz = 99 µg iodized salt 1 g or ¼ tsp = 77 µg cod 3 oz cooked = 99 µg	beef 3 oz cooked = 9 mg crab 3 oz cooked = 4.7 mg cashews 1 oz (18 medium) = 1.6 mg

µg = micrograms | mg = milligrams | g = grams | tsp = teaspoon | DFE = Dietary Folate Equivalents
oz = ounce | A 3-ounce serving of meat or fish is about the size of a deck of cards.

▶ RDA SLIGHTLY INCREASED, BUT UNDERCONSUMED BY PREGNANT WOMEN

	VITAMIN A	VITAMIN C	CHOLINE*
RDA	From 700 to 770 µg RAE/day	From 75 to 85 mg/day	From 425 to 450 mg/day*
Good sources			
Examples	egg 1 large = 270 µg RAE sweet potato 1 medium = 1,096 µg RAE carrot 1 medium = 509 µg RAE	sweet red pepper 1 medium = 152 mg kiwifruit 1 medium = 91 mg strawberries 1 cup whole = 85 mg	egg 1 large = 147 mg beef 3 oz cooked = 97 mg salmon 3 oz canned = 75 mg

µg = micrograms | mg = milligrams | RAE = retinol activity equivalents | *AI = Adequate Intake
oz = ounce | A 3-ounce serving of meat or fish is about the size of a deck of cards.

▶ RDA UNCHANGED, BUT UNDERCONSUMED BY PREGNANT WOMEN

	VITAMIN D	VITAMIN E	CALCIUM
RDA	600 IU/day	15 mg/day	1,000 mg/day
Good sources			
Examples	salmon 3 oz canned = 370 IU canned light tuna 3 oz = 40 IU fortified milk 8 oz = 98 IU	almonds 1 oz (23 kernels) = 7 mg sunflower oil 1 tbsp = 6 mg avocado 1 whole = 2.7 mg	plain low-fat yogurt 8 oz = 415 mg cow's milk 8 oz = 300 mg sardines 8 oz (1 can) = 325 mg

mg = milligrams | IU = International Units | tbsp = tablespoon
oz = ounce | A 3-ounce serving of meat or fish is about the size of a deck of cards.

MACRONUTRIENTS

PROTEIN · CARBOHYDRATE · FAT

	PROTEIN	CARBOHYDRATES	FAT
Good sources			
Examples	salmon 3 oz (cooked) = 17.4 g egg 1 large = 6.3 g lentils ½ cup (cooked) = 8.9 g	whole-grain bread 1 slice = 15 g strawberries 1 cup whole = 11 g lentils ½ cup (cooked) = 20 g	safflower oil 1 tbsp = 10.1 g linoleic acid walnuts 1 oz (14 halves) = 2.6 g α-linolenic acid salmon 3 oz (cooked) = 1.5 g EPA + DHA

g = grams | tbsp = tablespoon
oz = ounce | A 3-ounce serving of meat or fish is about the size of a deck of cards.

ADDITIONAL NUTRITION NOTES

CAFFEINE



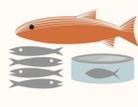
Consume no more than 300 mg/day (approximately 2-3 cups of coffee/day).

ALCOHOLIC BEVERAGES



There is no known safe amount or time to consume alcoholic beverages during pregnancy.

MERCURY CONCERNS



- Eat 2-3 servings (8-12 oz total) of low-mercury fish/week.
- Good choices: salmon, sardines, canned light tuna, trout

WATER

- During pregnancy, extra fluid is needed to maintain the amniotic fluid and support an increase in maternal blood volume.
- Adequate fluid intake also helps combat fluid retention, constipation, and dehydration.

THE RECOMMENDED INTAKE IS ABOUT 10 CUPS/DAY FROM WATER AND OTHER BEVERAGES



ENERGY : Calories

Eating for two ≠ Doubling your calories

- No additional calories are needed in the first trimester.
- About 300 additional calories/day are needed in the 2nd and 3rd trimesters.

IDEAS FOR HEALTHY 300-CALORIE SNACKS

- Yogurt (8 oz)
- Strawberries (1 cup)
- Almonds (23)

- Bread (2 slices)
- Cheese (1 oz)
- Carrots (2 medium)

- Oats (½ cup cooked)
- Low-fat milk (8 oz)
- Banana (1 medium)

SOURCES

- Micronutrient Information Center. lpi.oregonstate.edu/mic/life-stages/pregnancy-lactation
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- USDA National Nutrient Database for Standard Reference. ndb.nal.usda.gov/
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