

Nutrition Thoughts

Attempt to eat 71 grams of protein a day – That can be meat, beans, soy, tofu and soy milk, peanut butter, etc.

DHA supplements help with early brain development during gestation and infancy. Study recommendation is 200mg daily. One to two weekly servings of oily fish achieves goal of 200mg/day.

Due to mercury, recommendation is no more than 12 ounces (2 average meals) of fish and shellfish a week. Fish high in mercury such as shark, swordfish, tilefish, king mackerel (dark meat fish) should be limited. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish. White tuna has more mercury than canned light tuna. Wild salmon is known to have less mercury and pollutants than farmed salmon. You may eat up to 6 oz per week of fish you catch from local waters, but don't consume any other fish during that week.

Avoid raw fish and shellfish. You also need to avoid eating lox.

Check out www.mypyramid.gov/mypyramidmoms/index.html

Recommendation is less than 200mg of caffeine a day. Artificial sweeteners have not shown to cause birth defects.

You should attempt 1/2 of your weight in water in ounces. When you experience thirst you are already behind in intake and dehydration. Your urine should be clear like water in the early afternoon.

Listeria is a type of bacteria that can be found in certain foods. Make sure all soft cheeses say pasteurized and heat deli meat until steaming before eating.