

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.

Nutrition in Pregnancy

	Calcium	Folic Acid	Iron	Vitamin A	Vitamin D	DHA	Protein
Purpose	Needed to build strong bones and teeth. Calcium also allows the blood to clot normally, nerves to function properly, and the heart to beat normally.	Folic acid is used to make the extra blood your body needs during pregnancy. The March of Dimes suggests that 70 percent of all neural tube defects can be avoided with appropriate folic acid intake.	Iron is an important part of red blood cells, which carry oxygen through the body. Iron will help you build resistance to stress and disease, as well as help you avoid tiredness, weakness, irritability, and depression.		Vitamin D works with calcium to help the baby's bones and teeth develop.		Protein is an important nutrient needed for growth and development. Protein is needed for energy and to build and repair different parts of your body, especially brain, muscle and blood
Amount	The American College of Obstetricians and Gynecologists (ACOG) recommends 1,000 milligrams (mg) per day for pregnant and lactating (breastfeeding) women	ACOG and the March of Dimes recommend 400 micrograms (mcg) per day for pregnant women. This amount is included in your prenatal vitamins.	ACOG recommends you receive 27 total mg of iron a day between food and your prenatal vitamin.	ACOG recommends you receive 770 mcg of Vitamin A daily.	600 international units of vitamin D a day.	ACOG recommends pregnant and lactating women should aim for an average daily intake of at least 200 mg DHA a day in addition to your prenatal vitamins.	Each person needs different amounts of protein depending on their size. To estimate, use your pre-pregnant weight and divide by two.
Sources	Dairy products are the best source of calcium. Other sources of calcium are dark, leafy greens, fortified cereal, breads, fish, fortified orange juices, almonds and sesame seeds.	Lentils, kidney beans, green leafy vegetables (spinach, romaine lettuce, kale, and broccoli), citrus fruits, nuts and beans. Folic acid is also found in foods such as fortified breads, cereal, pasta, rice, and flours.	Whole grain products, lean beef and pork, dried fruit and beans, sardines and green leafy vegetables.	Leafy green vegetables, deep yellow or orange vegetables (e.g., carrots or sweet potatoes), milk, and liver.	Milk fortified with vitamin D and fatty fish such as salmon. Exposure to sunlight also converts a chemical in the skin to vitamin D.		Seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.