

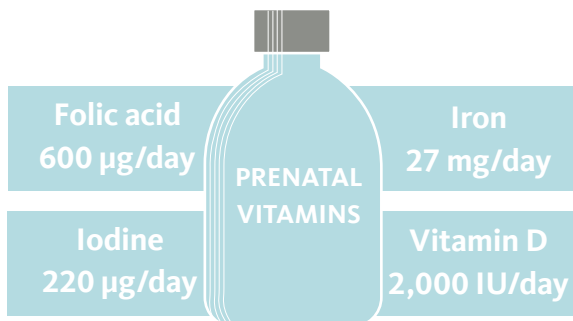
NUTRITION DURING PREGNANCY

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.

HEALTHY EATING



HEALTHY OILS



VEGETABLES



FRUIT



WATER



HEALTHY PROTEIN



WHOLE GRAINS

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 on the next page.

MICRONUTRIENTS

VITAMINS | ESSENTIAL MINERALS | CHOLINE




RECOMMENDED DIETARY ALLOWANCE (RDA) SUBSTANTIALLY INCREASED WHEN PREGNANT

GOOD SOURCES

FOLATE	IRON	IODINE	ZINC
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
			
legumes (beans, peas, lentils), green leafy vegetables, fortified grains	meat, fish, poultry, legumes, nuts	dairy products, iodized salt, seafood	meat, shellfish, poultry, nuts, legumes
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 nuts) = 1.6 mg




RDA SLIGHTLY INCREASED, BUT UNDERCONSUMED BY PREGNANT WOMEN

GOOD SOURCES

VITAMIN A	VITAMIN C	CHOLINE*
From 700 to 770 µg RAE/day	From 75 to 85 mg/day	From 425 to 450 mg/day*
		
eggs, yellow & orange vegetables	fruit & vegetables	eggs, seafood, meat, poultry, nuts
egg 1 large = 80 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

RDA UNCHANGED, BUT UNDERCONSUMED BY PREGNANT WOMEN

GOOD SOURCES

VITAMIN D	VITAMIN E	CALCIUM
600 IU/day	15 mg/day	1,000 mg/day
		
fatty fish, fortified food	vegetable oils, nuts & seeds, avocado	dairy products, sardines
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

µg = micrograms | mg = milligrams | RAE = retinol activity equivalents | *AI = Adequate Intake | oz = ounce
 IU = International Units | tbsp = tablespoon | g = grams | tsp = teaspoon | DFE = Dietary Folate Equivalents
 A 3-ounce serving of meat or fish is about the size of a deck of cards.

MACRONUTRIENTS

PROTEIN | CARBOHYDRATE | FAT

GOOD SOURCES

PROTEIN

- Protein needs increase by approximately 25 additional grams/day during pregnancy.
- Many women already consume this amount of protein.



seafood, lean meat & poultry, eggs, low-fat dairy, nuts, legumes (beans, peas, lentils)

3 oz (cooked) = 17.4 g

egg 1 large = 6.3 g

lentils ½ cup (cooked) = 8.9 g

CARBOHYDRATE

- Carbohydrate needs increase from 130 to 175 grams/day.
- Many women already consume this amount of carbohydrate.



whole grains, fruit, vegetables, legumes

1 slice = 15 g

strawberries 1 cup whole = 11 g

lentils ½ cup (cooked) = 20 g

FAT

- Consuming the right kind of fat is important.
- Include sources of the essential fatty acids, linoleic acid and linolenic acid.
- Include sources of EPA and DHA



vegetable oils, fish, olives, avocado, nuts, seeds

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.



CAFFEINE

- Consume no more than 200 mg/day (approximately 2 cups of coffee/day).



ALCOHOLIC BEVERAGES

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

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

IDEAS FOR HEALTHY 300-CALORIE SNACKS

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.



• 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)

MERCURY CONCERNS

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



SOURCES

Micronutrient Information Center

- lpi.oregonstate.edu/mic/health-disease/pregnancy-in-brief
- lpi.oregonstate.edu/mic/life-stages/pregnancy-lactation