

# 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.



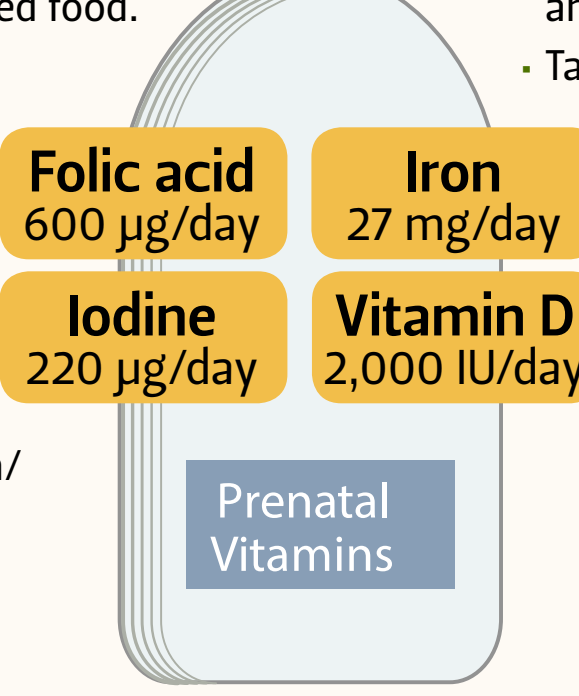
2 Consider taking a dietary supplement under the supervision of a qualified healthcare provider.

### FOLIC ACID

- Folic acid is the synthetic form of folate found in supplements and fortified food.
- All women should become 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
<b>RDA</b>	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
<b>Good sources</b>				
<b>Examples</b>	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*
<b>RDA</b>	From 700 to 770 µg RAE/day	From 75 to 85 mg/day	From 425 to 450 mg/day*
<b>Good sources</b>			
<b>Examples</b>	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
<b>RDA</b>	600 IU/day	15 mg/day	1,000 mg/day
<b>Good sources</b>			
<b>Examples</b>	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
<b>Good sources</b>			
<b>Examples</b>	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



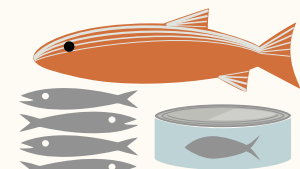
Consume no more than 200 mg/day (approximately 2 cups of coffee/day).

### ALCOHOLIC BEVERAGES



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

### 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

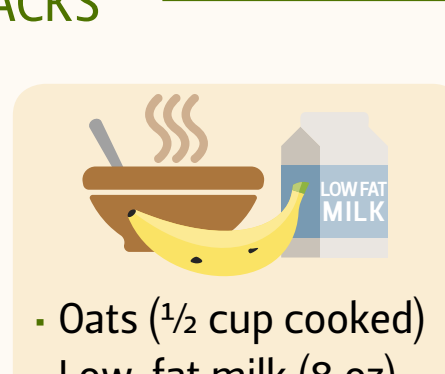
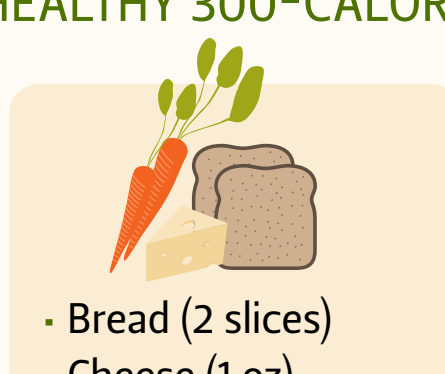


## ENERGY : Calories

Eating for two ≠ Doubling your calories

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

### IDEAS FOR HEALTHY 300-CALORIE SNACKS



### SOURCES

- Micronutrient Information Center. [lpi.oregonstate.edu/mic/life-stages/pregnancy-lactation](http://lpi.oregonstate.edu/mic/life-stages/pregnancy-lactation)
- Present Knowledge in Nutrition, 10<sup>th</sup> edition. Chapter 39: Maternal Nutrient Metabolism and Requirements in Pregnancy and Lactation, by Lindsay H. Allen
- Modern Nutrition in Health and Disease, 11<sup>th</sup> edition. Chapter 52: Nutrition in Pregnancy, by R. Elaine Turner
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- Dietary Guidelines for Americans. <https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines>
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- US Food and Drug Administration. Advice about Eating Fish. <https://www.fda.gov/food/consumers/advice-about-eating-fish>