

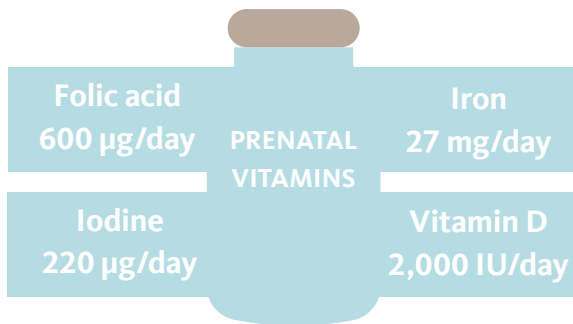
# NUTRITION DURING PREGNANCY

**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.

## HEALTHY EATING



HEALTHY OILS



VEGETABLES



FRUIT



WATER



HEALTHY PROTEIN



WHOLE GRAINS





**3** Include foods that are good sources of the important micronutrients mentioned on the next page.

# MICRONUTRIENTS

VITAMINS | ESSENTIAL MINERALS | CHOLINE


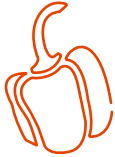

## RECOMMENDED DIETARY ALLOWANCE (RDA) SUBSTANTIALLY INCREASED WHEN PREGNANT

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 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

#### 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 2<sup>nd</sup> and 3<sup>rd</sup> 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)

# SOURCES

Micronutrient Information Center

- [lpi.oregonstate.edu/mic/health-disease/pregnancy-in-brief](https://lpi.oregonstate.edu/mic/health-disease/pregnancy-in-brief)
- [lpi.oregonstate.edu/mic/life-stages/pregnancy-lactation](https://lpi.oregonstate.edu/mic/life-stages/pregnancy-lactation)

