



You are what you eat... Nutrition in Pregnancy

Each bite of food you put into your mouth is an essential part of your pregnancy. The food you eat builds your baby, it builds the placenta & it gives you strength & stamina for labor & the early days of parenthood. Here are some guidelines to help you during your pregnancy & beyond.

- ✓ **Nutritional value is greatest when food is consumed closest to its natural fresh state and closest to its source. The closer a food is to its original form, the better for you.**
 - Overcooking food depletes it of its nutritional value. Choose fresh over frozen, frozen over canned. Salmon steaks are a much better choice than fish sticks, corn-on-the-cob better than canned corn.
 - Eating locally sourced & seasonal foods whenever possible. Less time & distance between the farm & your plate=more nutrition & less risk of contamination/spoilage. Plus you are supporting farmers in your region!
- ✓ **Eating good fats enhances well being and health & builds your baby's brain.**
 - Fats such as those in olive oil, fish, avocados, coconut oil/milk, farm-raised eggs and nuts, as well as high quality meats, cheeses & other dairy products are good for the pregnant body & your baby. Other sources of these good fats (called essential fatty acids) are evening primrose oil, hemp oil, flaxseed oil and borage oil. These good fats are also great for your cholesterol, lower blood pressure, keep your skin beautiful, soften your cervix and helps your hormones function optimally. But foods deep-fried in fat or hydrogenated oils have an adverse effect on the body & your growing baby. Watch out for trans fats!
- ✓ **Choosing fresh fruits and vegetables benefits health.**
 - The more green the leafy vegetable, the higher the nutritional value. Add greens to smoothies & soups to get more in your diet. Orange & yellow veggies are important sources of Vitamins A & C. Eating whole fruits or veggies will give you extra fiber and less changes in blood sugar than drinking juices.
- ✓ **Protein is essential**
 - Protein is the perfect fuel to support the increased demands on a pregnant woman's metabolism, and the accelerated growth & development of the baby's brain and body in late pregnancy. Eat protein from a wide variety of sources i.e. eggs, milk, dairy products, whole grains, legumes, tofu, lean meat, poultry and fish. Aim to eat 60-80+ grams of protein daily, especially in the third trimester of pregnancy (high protein intake has been shown to decrease the risk of metabolic diseases, such as pre-eclampsia)
- ✓ **Including fermented foods in your diet each day will help your digestion & overall health**
 - When you eat foods that are fermented outside the body, you are also taking in the bacteria or cultures that caused the fermentation. In most cases, these are healthy flora that help digest other foods & maintain balance on the microscopic level in your body. This will help keep bacteria that cause yeast infections, Group B Strep, food poisoning & other infections at bay. When shopping for these foods, look for labels that say "Contain Live Cultures" NOT just "made with" live cultures. This is especially true for yogurt & kefir. In order for bacteria to be beneficial, it has to be alive! Some other examples are: sourdough bread, tempeh, sauerkraut, vinegar, & pickled veggies.
- ✓ **Vitamins are good, but food is better**
 - If you can get your nutrients from food, you will be doing your body a huge favor. However, since the demands of pregnancy are so much higher on our bodies, taking a good prenatal vitamin that is whole-foods & herb based can be helpful, as can regular infusions of nutritive herbs like red raspberry leaf, nettles, oatstraw and red-clover.
- ✓ **Do not limit your Sodium intake when eating a whole foods-based diet**
 - Salt your food to taste. A pregnant woman's blood volume increases by approximately 40% and adequate sodium is needed to assist this function. Limiting sodium may actually CAUSE pre-eclampsia. However, when eating processed or prepared foods (e.g. canned soup) be mindful of sodium intake as excessive sodium intake from processed foods can contribute to edema (swelling) and high-blood pressure.

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- ✓ **Eating lower on the food chain and washing all produce can decrease exposure to pesticides, toxins and bacteria.**
 - Eat organic whenever possible. The following are especially important to buy organic due to high levels of pesticides used in conventional farming methods for these crops: peaches, apples, strawberries, nectarines, pears, cherries, red raspberries, imported grapes, spinach, bell peppers, celery, potatoes, & hot peppers
 - Avoid processed, “convenience” or “fast” foods whenever possible!
- ✓ **Stay well-hydrated**
 - A good guideline is to drink about half your body weight in pounds in ounces (e.g. if you weigh 150lb drink 75oz of fluids daily). Focus on water, herbal teas, seltzer with lemon, coconut water and electrolyte drinks like Recharge, rather than caffeinated or high sugar beverages. Adequate hydration can help you avoid swelling and helps the body flush out waste more effectively.
- ✓ **KNOW AND READ LABELS WHEN SHOPPING FOR FOOD.**
 - The first item listed is present in greatest quantity. Avoid foods with labels of hydrogenated oils and/or trans fats. Avoid foods where sugar is the first ingredient as well as high fructose corn syrup. If there are too many ingredients you can't pronounce, it is a good idea to skip that item in favor of a whole food!

Simple Meal Planning Strategy

The more colorful and varied in textures and flavors your plate is of natural, whole foods, the greater the nutritional value!

YOUR VARIED DAILY FOOD INTAKE SHOULD INCLUDE:

- Protein
- Calcium
- Iron
- Water or clear non-carbonated beverages
- Sodium

There are many books with complicated and demanding food plans for pregnant women. However, a simple and workable food plan that is easy to follow is, every time you eat, eat three foods that fall into at least one of the following categories:



- A WHOLE GRAIN
- A FRESH FRUIT OR VEGETABLE
- A PROTEIN FOOD
- A CALCIUM SOURCE

Cookbooks & recipe websites you might find helpful during your pregnancy & beyond:

- *Eating for Two: Recipes for Pregnant and Breastfeeding Women* by Robin Lim
- *The Vegetarian Mother's Cookbook: Whole Foods To Nourish Pregnant And Breastfeeding Women - And Their Families* by Cathe Olson
- *Mother Food: A Breastfeeding Diet Guide with Lactogenic Foods and Herbs - Build Milk Supply, Boost Immunity, Lift Depression, Detox, Lose Weight, Optimize a Baby's IQ, and Reduce Colic and Allergies*, by Hilary Jacobson
- *Real Food for Mother and Baby: The Fertility Diet, Eating for Two, & Baby's First Foods*, by Nina Planck
- *Feeding the Whole Family: Cooking with Whole Foods* by Cynthia Lair
- *Ani's Raw Food Kitchen: Easy, Delectable Living Foods Recipes* by Ani Phyto
- *Moosewood Restaurant Simple Suppers: Fresh Ideas for the Weeknight Table*
- *M.O.M.S. (Mom-on-Mom-Support) GUIDE: Eating to Survive the First Years of Motherhood*
<http://www.bostonhealthcoach.com/momsebook.html>
- *Peggy's Kitchen* www.mothersring.com/recipes
- *Bust-a-Meal* www.bustameal.com
- *Epicurious* www.epicurious.com
- *USDA National Nutrient Database* <http://www.nal.usda.gov/fnic/foodcomp/search/>

Nutrition in Pregnancy (continued)

IRON		PROTEIN	
<p>Pregnancy is a time of natural stress on the body and sufficient iron in your blood will help you deal with the physical and emotional stress of pregnancy. It is normal for your hemoglobin, or iron-carrying capacity in your blood, to decrease at the start of the third trimester but depending on where your levels were before this can cause low energy, exhaustion, shortness of breath, dizziness, etc.</p> <p>We will talk to you about ways to increase your intake or supplement as needed. Avoid commercial iron supplements as they are poorly absorbed and cause constipation!</p> <p><u>Did you know?</u> If you are craving chewing ice or clay or powered substances it is likely your body telling you that you need more iron?</p>	<p><u>High Iron Non-Meat Foods</u></p> <p>Apricots Beets/Beet Greens Brewer's Yeast Broccoli Cherries Dried Fruit Egg Yolks Kelp & Other Sea Vegetables Spirulina Legumes, peas (lentils, etc) Blackstrap Molasses Miso Paste Nuts & Seeds (e.g. sesame, poppy) Prunes Red Cabbage Swiss Chard Kale Romaine Spinach Wheat Germ</p>	<p><u>Herbs High in Iron</u></p> <p>Rose Hips Watercress Burdock Root Parsley Dandelion Leaf Skullcap Yellow Dock Red Raspberry Leaf Nettles Chicory Fennel</p> <p><u>Other ideas/thoughts</u></p> <p>Use cast iron pots when cooking Fish eaten with vegetables increases absorption Vitamin C is necessary for iron absorption B Vitamins also help with utilizing the iron you eat Iron is depleted by lack of high-quality protein, coffee, enemas, black tea and STRESS.</p>	<p><u>Sneaky Ways to Get Protein</u></p> <ul style="list-style-type: none"> ○ Protein Shakes-14-25 grams depending on the brand of protein powder ○ Soy & Nut Flours-add to your breads or baked goods Trail Mix-if you eat trail mix instead of crackers for a snack you get much more protein! ○ Whole Grains-whole wheat bread, brown rice, oats, quinoa, millet, etc ○ Legumes-dip your crackers or veggies in hummus or black bean dip, add to soups or chilis, try peanut butter on anything ○ Nuts-add nuts to everything—in salads, on yogurt, in cookies, on cereal, in smoothies, in trail mix or granola, as a breading ○ Nutritional Yeast-this can be added to almost anything & especially is good on popcorn. Adds B Vitamins as well as protein ○ Eggs-hard boiled eggs make a great and portable snack, add egg to salad, rice, add extra to your bread, add to soup ○ Wheat Germ-great source of fiber & protein, add to baked goods, beans, cereal ○ Yogurt, Kefir, Milk-choose whole-milk or full-fat yogurts and kefir either alone or in smoothies ○ Add nut butter to smoothies ○ Make noodles with peanut sauce as an alternative to pasta with sauce ○ Try seed or nut-based "tuna" or "chicken" salads (ask us for recipes!)
CALCIUM		FOOD SOURCES OF ESSENTIAL ELEMENTS	
<p>Pregnant women need 1000 mg of calcium everyday. Milk & dairy are not your best sources of calcium! Also, magnesium is needed to properly absorb calcium & dairy products contain no magnesium. Try to get calcium from a variety of sources.</p> <p><u>Did you know?</u> Calcium helps you sleep, eliminates leg cramps, keeps your bowels moving, lessens your irritability and helps build strong bones and teeth for your baby!</p> <p>All seaweeds including nori, spirulina, kelp, etc are great sources of both calcium and iron.</p>	<p>Each of these sources equals about 290 mg of calcium:</p> <p>2/3 cup of soy nuts 1 cup edamame 2 ½ cups cooked beans ¾ c almonds 3 tsp ground sesame seeds ¼ c tahini ¾ c of salmon 3 ½ c broccoli 1 ½ -2 c cooked greens (kale, collards, bok choy, etc)</p>	<p>Vitamin A</p> <p>Vitamin B</p> <p>Vitamin C</p> <p>Vitamin D</p> <p>Vitamin E</p> <p>Folic Acid</p> <p>Riboflavin</p> <p>EFA's</p> <p>Iodine</p> <p>Magnesium</p> <p>Phosphorus</p> <p>Potassium</p> <p>Zinc</p>	<p>Yellow veggies, Whole & fortified milk</p> <p>Blackstrap Molasses, brewer's yeast, brown rice, organ meats, whole grains, prunes, dairy products, fish, nutritional yeast</p> <p>Citrus fruits, tomato, peppers, broccoli, cauliflower, dark leafy greens</p> <p>Sunshine, egg yolks, organ meats, bone meal, canned salmon, tuna, cod liver oil</p> <p>Dark leafy greens, eggs, liver, wheat germ, vegetable oils</p> <p>Leafy greens, fruit, dairy products, whole grains, legumes, liver, organ meats, poultry, rice bran, peanuts</p> <p>Blackstrap Molasses, Brewer's Yeast, brown rice, fish, meat, nuts, whole grains, organ meats</p> <p>Flax (seeds, meal, or oil), walnuts, evening primrose oil, borage oil, coconut oil, fish</p> <p>Seafood, kelp, dulse, dark leafy greens, iodized salt</p> <p>Bran, honey, green veggies, nuts, beans, seafood, kelp</p> <p>Eggs, fish, grains, meat, poultry, yellow cheese, seeds</p> <p>Bananas, Potatoes (eat the peel!)</p> <p>Seafood, liver, nutritional yeast, sunflower seeds, mushrooms, spinach</p>