

Enjoy . . . **FOOD SAFETY AND NUTRITION IN PREGNANCY**

During pregnancy, more than at any other time in a woman's life, it is vitally important to eat lots of healthy food. Your body is changing in many ways.

Many women are concerned about their diet in pregnancy. It is important to maintain a healthy balanced diet to ensure that your baby gets all the nutrition he or she needs for optimal development. Most foods are safe in pregnancy, but certain foods carry dangers in pregnancy because a pregnant woman is more susceptible to certain infections.

Food items to AVOID in pregnancy:

- Soft unpasteurized cheese (brie, feta, goat cheese) or unpasteurized milk – if it is pasteurized, it is okay. Check the label
- Hot dogs, cured meats
- Smoked seafood
- Uncooked seafood, meat (sushi, ceviche, steak tartare) or undercooked poultry

FISH in Pregnancy (FDA Recommendations AS OF 1/2017):

<https://www.fda.gov/Food/FoodbornellnessContaminants/Metals/ucm393070.htm>

- Eat 8-12 ounces of a variety of fish a week. (2-3 servings per week)
- Choose fish lower in mercury
- These include salmon, shrimp, pollock, tuna (light canned), tilapia, catfish, and cod.
- **AVOID: tilefish (gulf of mexico), shark, swordfish, king mackarel, orange roughy, tuna (bigeye).** These fish are highest in mercury.
- Limit white (albacore) tuna to 6 ounces a week.

THE IMPORTANCE OF GOOD NUTRITION...FOR YOU AND YOUR BABY

It is now a well-known scientific fact that the **nutritional status of the pregnant woman affects the outcome of the pregnancy**, especially related to birth weight. Low birth weight is associated with an increased risk for infant deaths and developmental disabilities, and is seen more often in children from undernourished and underweight mothers.

During a healthy pregnancy, the body undergoes many changes to allow for the growth of the fetus and to prepare the mother for labor, delivery and lactation.

Many of these changes increase the nutritional requirements of the mother.

Please continue reading, **turn OVER**

PRENATAL VITAMIN

To support the growth and development of the fetus, a pregnant woman requires extra amounts of nearly all essential nutrients.

*In fact, the recommended intake of some of the nutrients, including **iron and folic acid**, increases so much over non pregnancy amounts that we encourage pregnant women to take a vitamin and mineral supplement (Prenatal vitamin) each day to ensure nutrient needs for you and your baby are met.*

Pregnant women are encouraged to consume a diet rich in vegetables, fruits, and whole grains

In addition to maximizing nutrient intake, the mother-to-be is also encouraged to avoid alcohol and limit intake of caffeine.

PHYSICAL CHANGES IN YOUR BODY

During the course of a normal pregnancy, the mother-to-be experiences physiologic changes that affect nearly every function of the body. These changes are necessary to support the growth of the fetus and to prepare the mother for labor, delivery and lactation.

As these changes occur, the nutrient needs of the mother increase.

- MATERNAL BLOOD VOLUME
Pregnancy is accompanied by a 50% increase in maternal blood volume. To produce the additional blood needed to support the growth of the fetus, your body needs extra fluid, iron and [vitamin B12](#).

~ BE SURE TO TAKE YOUR PRENATAL VITAMIN EVERYDAY ~

Nutrition and Weight Gain

- The American College of OB/Gyn recommends weight gain of 25 to 35 pounds by the end of pregnancy for a woman at her ideal body weight. This should be adjusted if you begin your pregnancy underweight or overweight.
- Excess weight gain can lead to more difficulty with child birth, higher risk of diabetes in pregnancy and can be very difficult to lose after delivery.
- On average, pregnant women require 300 more calories daily.
- You are not eating for two.
- You should still use good judgment with your portion sizes and food choices.
- It is important to achieve a balance of protein, fat, and carbohydrates in order to optimize your nutrition in pregnancy.
- The USDA My Pyramid Plan for Moms is a great resource to help you make healthy diet choices and optimize your nutrition. Visit <http://www.choosemyplate.gov/mypyramidmoms/> for more details.

Also see our website for more information regarding pregnancy and nutrition.