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## Nutrition and Weight Gain in Pregnancy

During pregnancy, more than at any other time in a woman's life, it is 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.

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.

### Prenatal Vitamins:

- Support the growth and development of the fetus, a pregnant woman requires extra amounts of nearly all essential nutrients.
- We encourage pregnant women to take a prenatal each day to ensure nutrient needs for you and your baby are met.
- Prenatal vitamins generally contain extra folic acid, iron, and DHA

### Changes in Your Body:

- During the course of a normal pregnancy, the mother-to-be experiences physiological 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.
- 25 to 35 pounds of weight gain is recommended by the end of pregnancy for a woman at her ideal body weight. This may be adjusted if you begin your pregnancy underweight or overweight.
- Excess weight gain can lead to more difficulty with childbirth, higher risk of diabetes in pregnancy and can be very difficult to lose after delivery.
- On average, pregnant women require 300 additional calories every day.
- It is important to achieve a balance of protein, fat, and carbohydrates in order to optimize your nutrition in pregnancy.