

Eating for Two

Rachelle LaCroix Mallik

Congratulations, you're pregnant! Before you nurture your baby, you need to nurture your body. But eating for two (or more) doesn't mean loading your plate with twice as much food. To get you started on healthy eating, here are some basic nutrition principles during pregnancy.

- 1) Eating for two does not mean doubling your daily calorie intake. In fact, your caloric needs increase by about 300-400 per day, and only during the second and third trimester.
- 2) Optimal weight gain depends on your pre-pregnancy weight. Women in the healthy BMI range (18-24) should gain around 25-35lbs for one baby.
- 3) Typical weight gain is about 1lb in the first trimester, and 1lb per week in the second and third trimesters. Don't worry if you gain slightly more or less - everyone is different. Talk to your care provider about what's right for you.
- 4) Certain nutrient needs increase, including protein, iron, calcium and folate. Take a prenatal vitamin as prescribed by your healthcare provider and see the recommendations below for nutritious and tasty foods to include in your diet.
- 5) Avoid alcohol and minimize caffeine intake to less than 300 mg per day. 8-oz of brewed coffee has about 100 mg caffeine and 8-oz of brewed tea has 40-60 mg.

Nutrients for Building a Baby

Eating a colorful variety of foods will help supply the nutrients you need to support you and your growing baby. The best choices are fresh vegetables and fruit, lean protein, low-fat dairy, whole grains and healthy fats. A healthy diet can also alleviate some pregnancy side effects like heartburn, constipation and swollen feet.

Remember that food that is healthy for you during pregnancy is just as healthy when you're not. Focusing on the foods you *can* eat rather than what to avoid can make your pregnancy more enjoyable.

These nutrients (with daily requirements) are particularly important during pregnancy:

- Protein (70 g) - promotes growth. Protein is the building block of new cells, enzymes and hormones. Healthy choices include lean beef, poultry, fish, beans, lentils and nuts.



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- Iron (27 mg) - helps prevent anemia. Blood volume increases significantly during pregnancy, so extra iron is needed for red blood cells. Iron is found in egg yolks, meat, nuts and seeds, dark leafy greens and dried fruit.
- Folate/folic acid (800 mcg) - prevents neural tube defects. It is naturally occurring in leafy greens, mushrooms, cruciferous vegetables like cauliflower and orange juice.
- Calcium (1000 mg/1300 mg pregnant teens) – crucial for cell function, nerve transmission and a regular heartbeat. It is also needed for your baby's teeth and bone development. Dairy products such as milk and yogurt are high in calcium, as are collards, broccoli and black-eyed peas.
- Vitamin D (600 IU) - helps your body use and absorb calcium, which aids in bone development. Vitamin D is produced in the body through sun exposure. Dietary sources include mushrooms, eggs, liver, sardines and fortified milk.
- Vitamin C (85 mg) – necessary for tissue growth and repair and collagen synthesis. Citrus fruits as well as bell peppers, strawberries and tomatoes provide vitamin C.

Pregnancy Nutrition Powerhouses

Each of these foods provides two or more of the nutrients listed above:

- Quinoa - a terrific protein option for vegetarians and vegans, quinoa is a quick-cooking grain that provides all of the essential amino acids, as well as folate. Enjoy cold with chopped veggies like bell pepper and cucumbers.
- Kidney beans - beans of any variety offer folate in addition to protein and filling fiber. Use them as the base for soup and chili or as a side dish with brown rice. Experiment with lentils too!
- Kale - high in iron, folate, and vitamin C, this versatile leafy green tastes great chopped raw in a salad, sautéed with garlic and olive oil, or baked into chips.
- Pumpkin seeds - along with protein and iron, the popular Mexican *pepita* is high in copper, which works with iron to form red blood cells. Sprinkle toasted pumpkin seeds into oatmeal or into homemade trail mix.



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- Sardines - canned with their bones, sardines provide vitamin D and calcium as well as omega-3 fatty acid, which is crucial for your baby's development. Stir into marinara and spoon over whole grain pasta for a nutritious meal without a lot of prep.
- Almond butter - rich in protein, healthy unsaturated fat, and calcium. Spread onto a sliced apple for a satisfying snack.
- Blackberries - packed with vitamin C and a whopping 8 grams of fiber per cup, which encourages normal bowel movements. Add to your morning cereal or yogurt.
- Yogurt (plain, nonfat) - the only sugar in plain yogurt is lactose, which naturally occurs in milk. Greek and Skyr yogurts are super thick, creamy and provide up to 20 grams of protein in one cup.

Foods to Avoid	Safer Alternatives
Unpasteurized/raw milk, cheese and juices	Pasteurized & processed cheeses (American, cheddar, cottage cheese, parmesan, ricotta)
Raw and undercooked eggs, fish and meat (that includes sushi!)	Cooked sushi (eel, shrimp) or vegetable rolls; firmly cooked eggs; medium-well steak or well-done hamburger
Deli and cured meats; pates & meat spreads	Freshly roasted turkey, chicken or roast beef
High mercury fish (shark, swordfish, king mackerel, tilefish) See http://www.nrdc.org/health/effects/mercury/walletcard.pdf for more details.	Chunk light tuna; catfish, salmon or trout; small fish like anchovies & sardines

Morning Sickness

Tips to handle pregnancy-related nausea and vomiting that can occur any time of day!

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| <ul style="list-style-type: none"> • Eat small, frequent meals and snacks to prevent overeating or an empty stomach. |
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- Avoid nausea triggers (certain foods and/or smells).
- Drink enough fluids - sip water throughout the day.
- Get plenty of rest and get up slowly in the morning.
- Keep a stash of crackers to nibble on if you start to feel queasy.
- Try sipping ginger or peppermint tea, or sucking on a hard candy.

Rachelle LaCroix Mallik, M.A. holds a Master's degree in Food Studies and is an Associate at B Nutritious, a private nutrition counseling practice in Manhattan.

This article first appeared in *The NYC Metro Guide to A Healthy Birth*, #6 of a series, 2012/2013 edition, and is reprinted with the permission of Choices in Childbirth and the author.



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