

Healthy Pregnancy Nutrition

Good nutrition is important to you and your baby during pregnancy. It's important to take care of yourself by eating a healthy diet and avoiding alcohol and other harmful substances while pregnant. You also will need extra calories to support your baby's growth and development, especially later in the pregnancy when the baby grows quickly. Aim to make those extra calories from nutritious foods like fruits and vegetables, lean protein, low-fat dairy and whole grains. You also should keep regular appointments with your Network Obstetrician who will help you maintain a proper diet, evaluate changes in your weight and monitor your health throughout the pregnancy.

Recommended Foods During Pregnancy

- Low-fat yogurt, fat-free or low-fat milk or reduced fat cheese.
- Fresh fruit like cantaloupe, bananas, apples and oranges.
- Vegetables like carrots, broccoli, sweet potatoes and cooked greens.
- Whole grain bread, fortified ready-to-eat cereals and fortified hot cereals.
- Lean protein including cooked dry beans, lean beef, chicken, turkey, nuts and seeds. If you do not eat meat, substitute vegetarian items like beans, legumes, tofu or soy, eggs, nuts and low-fat cheese.

Aim to eat a variety of healthy foods during pregnancy. Nutrients such as iron, folic acid, calcium, and vitamin D are especially important to support a healthy pregnancy. It is also important to take your prenatal vitamin daily as prescribed by your doctor. Adequate hydration is important too, so drink plenty of water throughout the day. You also may find that food cravings are a challenge during your pregnancy, but try to manage these as best as possible with healthier foods like fresh fruits and vegetables and low-fat dairy. Strive every day to eat at least 2 to 3 servings of low-fat dairy, fresh fruits and vegetables, whole grains and lean protein!

Food and Drinks to Avoid During Pregnancy

- Alcohol
- Excessive caffeine
- Raw or undercooked meat or eggs
- Unpasteurized milk or cheese
- Hot dogs, bologna and deli meats unless heated until steaming hot
- High mercury fish like shark, swordfish, king mackerel and tilefish
- Limit all other seafood to 12 ounces per week
- Certain herbal remedies and supplements



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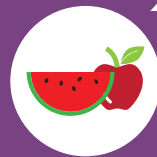
Eat at least



3 Servings of low-fat or fat-free dairy products including milk, yogurt and cheese.



2-3 Servings of vegetables, including at least one serving of dark green or orange vegetables that are high in vitamin C.



2 Servings of fruit per day and limit juice to 100% fruit juice and limit to 1 cup per day.



3 Servings servings of whole grains, including bread, cereal and pasta.



2-3 Servings of lean protein, including chicken or fish mostly.



8-12 Cups Drink water or other uncaffeinated beverages throughout the day.

Weight Gain

Weight gain is a normal and healthy part of pregnancy. Total weight gain during pregnancy depends on your weight status prior to becoming pregnant. Talk to your Network Obstetrician about how much weight you should gain. If your weight was in the healthy range before your pregnancy, the average weight gain should be 25-35 pounds. Although your rate of weight gain may be different, most should gain about 2-4 pounds during the first trimester and one pound per week during the rest of the pregnancy. You also should never try to lose weight or diet while pregnant unless instructed by your doctor.

Here is where the added weight during pregnancy goes:

- Baby: 8 pounds
- Blood supply: 4 pounds
- Placenta: 2-3 pounds
- Fat storage to support pregnancy: 5-10 pounds
- Amniotic fluid: 2-4 pounds
- Larger uterus: 2-5 pounds
- Breast tissue: 2-3 pounds

Nutrition After Pregnancy

Finding time for your health may seem like a challenge with your new busy schedule taking care of baby! Here are a few helpful tips to make the most of your diet after pregnancy:

- Avoid skipping meals. Strive to eat three healthy meals per day and snacks between meals.
- When you find time to cook, prepare enough for two servings. Freeze the extra food for another meal at a later time to save you time.
- Keep ready-to-eat healthy foods on hand such as premixed salads, frozen vegetables and dried fruit.
- Drink plenty of fluid. Keep a cup or bottle of water with you at all times to remind yourself to drink adequate fluids.
- Plan ahead. Make a grocery list or plan your meals for the week to help you get organized.
- Say “yes” when someone offers to help!