

NUTRITION COMPONENT	DIETARY NEEDS	SPECIAL CONSIDERATIONS
CALORIES	<p>Calorie needs vary based on a woman's weight. If you are a normal weight before pregnancy, you will need about 300 extra calories a day during your pregnancy.</p> <p>Women who are overweight or underweight before pregnancy will have different calorie needs. Visit the website www.choosemyplate.gov to develop your personal diet plan during pregnancy. Using the Super Tracker program, you can plan what you need to eat for each trimester of pregnancy.</p>	<p>*Eating 3 regular meals and 2 small snacks a day will satisfy your calorie needs during pregnancy. Some women prefer eating 5-6 small meals a day.</p> <p>*If you are having twins, your calorie needs are higher than for a single pregnancy. Discuss your calorie needs with your doctor.</p> <p>*Eat healthy, whole, and fresh foods.</p> <p>*Avoid eating sweets (desserts), snack foods, convenience foods (those requiring minimal preparation) and drinking sweetened beverages (tea, sodas, fruit punches, Kool-Aid, etc.). Sugary, high carbohydrate foods have little nutritional value and usually are high in calories.</p>
PROTEIN	<p>Eat 6-7 ounces of protein foods a day</p>	<p>*Protein rich foods include meats (chicken, beef, pork, turkey, fish), eggs, cheese, nuts, peanut butter and beans.</p> <p>*A 3 ounce serving of meat is equivalent to a serving the size of a deck of cards.</p> <p>***AVOID raw and undercooked meats. All meats, including hot dogs and deli meats, should be cooked to steaming or well done to avoid exposure to harmful bacteria.</p> <p>*Avoid fatty foods such as fried foods and high fat meats.</p>
SEAFOOD	<p>DHA or fish oil is good for your baby's brain development.</p>	<p>*Avoid fish that are high in mercury; NO shark, swordfish, king mackerel, and Tile fish.</p> <p>*Limit fish intake to 12 ounces (about 2 normal servings) a week. *NO SUSHI, raw oysters, or undercooked seafood.</p> <p>*Canned tuna is safe in pregnancy. Limit intake to 2 cans of regular tuna or 1 can of Albacore (white) tuna per week.</p>
CARBOHYDRATES(starchy foods)	<p>Eat a variety of high quality carbohydrates, such as fresh fruits and vegetables, whole grains such as wheat based breads and pasta.</p>	<p>*Avoid raw bean or alfalfa sprouts and fresh ciders.</p> <p>*Drink pasteurized juices only.</p> <p>*Thoroughly wash all fresh fruits and vegetables before eating.</p> <p>*Limit intake of concentrated carbohydrates such as instant stuffings and potatoes, canned soups, Ramen noodles, and boxed cereals.</p>

DAIRY	Milk, cheeses, yogurt	<ul style="list-style-type: none"> *Choose low fat dairy products. *Drink only pasteurized milks. *Avoid soft cheeses such as Brie, Feta, and Bleu cheeses.
VITAMINS AND MINERALS	<u>Calcium</u> is required for the healthy development of your baby's bones, teeth, nerves, heart, and muscles. You will need 1200-1500 milligrams a day.	* <u>Calcium</u> is found in dairy products (milk, cheese, yogurt), turnips, mustard greens, broccoli, and calcium fortified products.
	<u>Folate</u> is a B vitamin that helps reduce birth defects of the brain and spinal cord. You need 600 micrograms a day in your diet.	<ul style="list-style-type: none"> *<u>Folate</u> is found in fortified cereals, citrus fruits, dried beans and peas, and organ meats. *Steaming vegetables (rather than boiling in water) preserves the vitamins in the cooking process.
	<u>Iron</u> helps make red blood cells for the increased blood supply for you and your baby. You need 30 milligrams a day.	<ul style="list-style-type: none"> *<u>Iron</u> is found in red meats (especially liver), dried fruits, and green leafy vegetables (spinach, kale, collards). *Taking your prenatal vitamin with orange juice will help improve the absorption of iron.
WATER	Drink <i>at least</i> 2 quarts or 8 eight ounce glasses of water a day.	<ul style="list-style-type: none"> *Staying well hydrated is important during pregnancy. Your body needs water to make amniotic fluid to protect the baby and to make an increased blood supply for you and your baby. *When a mother is dehydrated (doesn't drink enough water), she can experience an increase in her heart rate, low blood pressure, and/or contractions of the uterus.
FOODS TO AVOID/LIMIT	<u>Caffeine</u> should be limited to 200 milligrams a day. NONE is best.	<ul style="list-style-type: none"> *Caffeine is found in coffee, tea, caffeinated sodas, chocolate, and energy drinks. *2 8 ounce cups of brewed coffee has approximately 200 milligrams of caffeine. *Caffeine may cause you to have difficulty sleeping, feel jittery, increase your heart rate and breathing, cause nausea and lightheadedness, increase frequency of urination, and lead to dehydration.
	PICA is condition that causes some women to have strong cravings or urges to eat nonfood items such as clay, ice, laundry starch, or cornstarch.	<ul style="list-style-type: none"> *Pica can be HARMFUL to your pregnancy. It can affect your intake of nutrients and can lead to constipation and anemia. *Talk with your health care provider if you have any of these urges.