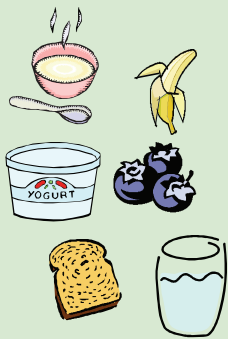


Nutrition in Pregnancy



Eating healthy while you are pregnant helps your baby grow healthy and strong!

Your baby has the best chance to be healthy if you eat well during your pregnancy. This means eating healthy foods, and eating a little more than you normally do. The extra calories, protein and nutrients are to help the baby grow. Most women need to gain between 20 and 30 pounds during their pregnancy.



Eat breakfast

Your baby has had very few nutrients while you were sleeping, so eating breakfast is very important. Even if you feel nauseous, eating breakfast can make you feel better. You should eat something with protein and something with fiber. Eat at least one piece of fruit. Pick one item from each list to build a healthy breakfast:

Protein: yogurt, eggs, beans, tofu, nuts, peanut butter, low-fat milk

Fiber: berries, melon, apples, bananas, whole-grain toast, oatmeal, corn tortillas, cereal that has at least 5 grams of fiber

Drink a large glass of water in the morning.



Eat a healthy lunch, bigger than usual

Your lunch should have some protein from beans, fish, lean meat, or soy. Your lunch should also have at least one cup of vegetables. Try to eat one green vegetable and one vegetable of another color. If you have rice, make sure it is brown rice. If you have bread, choose whole grain bread. If you have tortillas, choose corn and not flour. Eat a piece of fruit during lunch, too. Drink a large glass of water.



Have a healthy snack

By mid-afternoon, it is normal to be hungry for a snack. Try yogurt, almonds, cashews or pecans, a piece of fresh fruit, guacamole with corn tortillas or whole grain crackers, cheese with whole grain crackers, dried fruit like apricots or raisins or a piece of whole grain bread with peanut butter. Drink a large glass of water.



Eat a healthy dinner

At dinner, again try to have some protein such as beans, fish, lean meat, or soy. Aim to eat at least 2 cups of vegetables. Eat one green vegetable and one vegetable of another color. Especially good choices are broccoli, spinach, cauliflower, potatoes, peas, asparagus, avocado and carrots. Choose brown rice, whole-wheat spaghetti, millet, quinoa or corn tortillas. Drink a large glass of water.



Take your prenatal vitamin with a large glass of water before going to bed.

Many women say that it makes them less nauseous to take it at night.

Foods to avoid when you are pregnant

Some foods can harm your baby while she or he is growing. Try to avoid these as much as possible while you are pregnant.



Raw cheese

Mexican cheese or any other cheese that is not pasteurized may contain bacteria that can hurt your baby.



Too much fish

Fish is a very healthy food. It is an excellent source of protein and healthy oils. However, because of pollution in the water, some fish are high in mercury which can be toxic for people. Mercury is especially harmful to growing babies.

There are **four types of fish you should not eat** when you are pregnant: **shark, swordfish, king mackerel and tilefish.**

You can (and should) **eat up to 12 ounces (2 meals) each week of these fish** that are low in mercury: **shrimp, canned light tuna in water, salmon, pollock and catfish.**



Soda

Drinking soda makes your body lose vitamins and minerals that your baby needs, like calcium. All sodas also have chemicals in them that may be unsafe for babies.

Nutrition Facts

Trans fat: 1gm

INGREDIENTS:

...partially hydrogenated soybean oil...

Hydrogenated oils, or trans fats

Look at the list of ingredients on the food you want buy. If it says “partially hydrogenated oil,” don’t buy it.



Alcohol

Beer, wine, and other types of alcohol are very harmful to a baby’s development. You should not drink any alcohol at any time when you are pregnant. Give up tobacco, too!



Fast food

Fast food from restaurants or convenience stores is usually very high in fat and unhealthy chemicals. It is best to avoid these when you are pregnant, and make healthier choices.

Being a good parent starts when you are pregnant!

Take good care of your baby and yourself by choosing healthy foods.