Healthy Eating
For
Mom and Baby

Health for 9 months and beyond!

Congratulations on your new pregnancy! It is wonderful that you are visiting this website to get more information about your health during pregnancy and the health of your developing baby.

This webpage will provide you with information about nutrition during pregnancy including calorie needs, recommended foods to eat, optimal weight gain, morning sickness tips and information about prenatal vitamins. You will also find answers about pregnancy and breast feeding myths, current nutrition studies, credible websites and an exciting give away! Visit the Healthy Eating Tip of the Month bulletin board in the University Hospital cafeteria for more information.
How Many Calories Do I Need?

1st Trimester:
You won’t need any additional calories.

2nd Trimester:
You need an additional 340 calories
This looks like 1 added snack:
- 22 whole almonds
- 1 cup skim milk
- 1 medium whole apple

3rd Trimester
You need an additional 450 calories
(compared to pre-pregnancy needs)
This looks like an added meal:
- 1 cup homemade chili
- 6 Whole Wheat Crackers
- 1 oz Cheddar Cheese

On average you will need 2200-2900 calories
(based on height/ weight)
Tips to Reduce Nausea

* Eat 6-8 small meals per day, this may be easier to tolerate
* Keep crackers and pretzels on hand and bedside
* Drink water, seltzer water or naturally flavored carbonated water between meals.
* Try steeping a knuckle size piece of chopped, peeled fresh ginger in hot water for 5-8 minutes
* Use your nose. Avoid smells that cause you to be nauseous
* Keeps rooms well ventilated while cooking to avoid odors
* Avoid high fat foods as they are harder to digest

Prenatal Vitamin Benefits

* It is important to start taking a prenatal vitamin if you think you may become pregnant
* **Folic Acid**: a B vitamin that is very important to prevent brain and spine birth defects in your new baby
* **Iron**: increased iron is needed due to increased blood volume in the mother’s body. Plus the baby needs iron stores to use during the first few months of life

If you think you may become pregnant doctors recommend avoiding alcohol, smoking and drug use
# How Much Weight Should I Gain?

<table>
<thead>
<tr>
<th>Pre-Pregnancy Weight (BMI)</th>
<th>Recommended Weight Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight &lt;18.9</td>
<td>28-40 lbs</td>
</tr>
<tr>
<td>Normal Weight 18.9-24.9</td>
<td>25-35 lbs</td>
</tr>
<tr>
<td>Overweight 25-29.9</td>
<td>15-25 lbs</td>
</tr>
<tr>
<td>Obese &gt;30</td>
<td>11-20 lbs</td>
</tr>
</tbody>
</table>

**BMI is a measure of the ratio of height and weight.** Go to [http://www.eatright.org/bmi/](http://www.eatright.org/bmi/) to calculate your BMI.
What Should I Eat?

**Dairy**
- Choose fat-free or low fat milk, cheese and yogurt. Make sure all dairy is pasteurized. Avoid soft cheeses such as feta, Brie and blue cheese.

**Protein**
- Choose beans, nuts, seeds, fully cooked lean meats, poultry and fish. Cooked salmon, trout, herring, sardines, Pollock, oysters, mussels and crab are safe. Avoid shark, swordfish, king mackerel and tilefish. Limit tuna to up to 6oz per week of chunk light tuna. Heat deli meats and hot dogs until steaming hot before eating.

**Grains**
- Choose whole grain breads, pasta and brown rice most often. Look for whole grain cereals that are fortified with iron and folic acid.

**Fruits**
- Choose a variety of fruits that are fresh, frozen or canned in 100% juice. Try apples, bananas, oranges, grapefruit and berries.

**Vegetables**
- Choose vegetables that are fresh, frozen or canned with no-salt-added. Choose a variety of vegetables such as carrots, peas, sweet potatoes, spinach, tomatoes and bell peppers.

**Avoid**
- Avoid pre-made deli salads such as egg salad and chicken salad. Fully cook meat, fish and poultry to a safe internal temperature.
How Much of Each Food Group Should I Eat?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>1st Trimester</th>
<th>2nd Trimester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>2 1/2 Cups</td>
<td>3 Cups</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 Cups</td>
<td>2 Cups</td>
</tr>
<tr>
<td>Grains</td>
<td>6 Ounces</td>
<td>8 Ounces</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 Cups</td>
<td>3 Cups</td>
</tr>
<tr>
<td>Protein</td>
<td>5 1/2 Ounces</td>
<td>6 1/2 Ounces</td>
</tr>
</tbody>
</table>
Make an Individual Food Plan!

- Go to https://www.supertracker.usda.gov/
- Create a profile to get started
- Enter if you are pregnant or breastfeeding and your due date
- Supertracker will create a personalized food plan
- From there you can enter foods you ate that day to see if you are hitting your goals
Eating Healthy on a Budget

One study shows that pregnant women are more motivated to make healthy food choices. However, the cost of food may make healthy eating difficult. Budget saving tips may improve diet quality in pregnancy and better outcomes for mom and baby.

Try these budget saving tips:

- Purchase seasonal fruits and vegetables from the grocery store or local farmers’ market
- Stock up on foods that are on sale
- When cooking double your recipe and freeze half for later
- Utilize local food pantries and food banks
1. Breast fed babies cry more often...**MYTH**
(Crying can be a late sign of hunger. Over time you will be able to read your baby’s cues to know when to start feeding)

2. Breast milk is always ready...**FACT**
(Breast milk is always ready and the right temperature for baby. No need to mix, heat or measure)

3. Women should only breastfeed in private...**MYTH**
(Breastfeeding is a normal way to feed your baby. Breast feed wherever you feel comfortable.)

4. Breastfeeding will spoil your baby...**MYTH**
(You are bonding with your baby and providing nutrition. All great things!)

5. Breast fed babies get fewer ear infections, colds and respiratory infections...**FACT**
(Breast milk provides baby with antibodies that protect against disease)

6. Breast milk changes as your baby grows...**FACT**
(As your baby grows, breast milk changes to meet specific nutrition needs for the age and developmental stage of baby)
You Could Win!!

Visit the Healthy Eating Tip of the Month bulletin board in the University Hospital cafeteria for an opportunity to win a prize!

One lucky winner will receive:

1. A subscription to *Parents Magazine*
2. A copy of *What to Expect: Eating Well When You're Expecting*
Want More Information?
Check out these great websites!

www.eatright.org
www.supertracker.org
www.womenshealth.gov/pregnancy
www.cdc.gov/breastfeeding
www.nationaldairycouncil.org

Contact Us:
Patient Food and Nutrition Services
Nutrition Counseling Center
UH Room #2A-237
1500 E. Medical Center Drive
Ann Arbor, MI
Phone: 734-936-7527
References


