



# Pregnancy



What are my needs?

**\*Sugars and Starches (Grains, Breads, Cereals)**- 9 per day

**\*Fruits**- 3 per day

**\*Vegetables**- 4+ per day

**\*Protein (Meat, Poultry, Fish, Eggs)**- 6 oz. Low Fat Meats per day

**\*Dairy (Milk, Cheese, Yogurt)**- 3 or 4 Low Fat per day

**\*Fats (Oils and Sweets)**- 1 per day or as RD/MD directs



## Key Indicators/Explanations:

**\*Recommended Weight Change**- Underweight-28-40, Normal weight- 25-30, Overweight/Obese-15-25

**\*Underweight**- BMI < 20 1-1.75 lb./month, Goal 28-40 lbs. total

**\*Normal Weight**- BMI 20-26 1-1.75 lb./month, Goal 25-35 lbs. total (> 6.5 lbs./month)

**\*Overweight**- BMI >26-29 .6-3.5 lb./week, Goal 15-25 lbs. total

**\*Obese**- BMI >29 > 1 lb./week, Goal 15-25 lbs. total- Individualized by MD/RD

**\*Energy Needs**- 2,400 to 2,800 kcal/day

**-First Trimester**- additional 300 kcal/day with normal energy needs

**-Protein**- 1.1g/kg or 25 g/day plus 0.8 g/kg for unpregnant state, twins at 50 g/day

**-Vitamins and Minerals**- need a supplement plus 400 ug/day of synthetic Folic Acid for those wanting to become pregnant, 600ug/day if pregnant

**-Iron (Fe)**- 30 mg/day during pregnancy (Fe deficiency is common in pregnancy)

**-Zinc/Copper**- 15 mg Zinc, 2 mg Copper

**-Calcium**- 1000 mg/day for Pregnant and Lactation

**-AVOID**- high doses of Vitamin A- can lead to Birth Defects; (Olestra-GI Distress/Diarrhea)

**\*Macrocytic Anemia**- Vitamin B12 and Folate may be needed

## Recommend:

**\*Fluids**- 8 to 10 cups/day

**\*Fiber**- 28 grams/day

**\*Alcohol**- None due to FAS (Fetal Alcohol Syndrome)

**\*Caffeine**- < 200 mg/day

**\*Sugar Substitutes**- avoid if Phenylketonuria



What can I do?

**\*See your Physician or RD**- ask about Herbals before taking