



Eating for Two? Or Planning to?

- * Nutrition is more important before, during, and immediately after pregnancy than any other time of a woman's life.
- * The foods that mom eats have an effect on the development and the lifelong health of the growing infant.
- * With very few exceptions, every nutrient that the baby receives comes directly from the mother's diet.
- * A few essential nutrients will come from limited tissue stores stockpiled prior to pregnancy if the diet was optimal.
- * Other nutrients are either not stored in the body or are stored in very limited amounts, therefore, the mother's diet is the only source for the growing baby to obtain them.
- * Women of child bearing age are encouraged to consume .4 mg of folate every day.
- * Folate rich foods include citrus fruits and juices, dark green, leafy vegetables, breads, cereals, nuts, and legumes.
- * It takes more than 85,000 calories over a period of nine months, in addition to mom's calories to build a healthy baby.
- * Actually the pregnant woman's diet should increase only 300 calories per day during the last six months of the pregnancy. This will help to ensure appropriate weight gain.

SUGGESTIONS FOR 300 CALORIES

1 oz cold cereal, 1 banana, 1 Cup 1% OR
1 baked potato topped with ½ Cup each, broccoli &
cauliflower, and 1 oz low fat cheese OR
2 oz turkey on 2 slices bread, topped with lettuce & tomato

To get all the nutrients needed during pregnancy include each day:

- * 6 or more servings whole grain breads, cereal, rice, pasta
- * 2 or more servings dark, green, leafy vegetables

- * 2 or more servings of other vegetables

- * 2 or more servings of fruit (1 should be a good source of vitamin C such as oranges, grapefruits, & strawberries)

- * 3 to 4 servings from the dairy group (low fat) Milk, Yogurt, Cheese

- * 3 3oz servings of skinless poultry, very lean beef or pork, fish, dried beans or dried peas

- * 6 or more 8oz glasses of water

“Junk” foods such as candy, chips, pastries, and sodas provide little or no nutrients that you and your baby need, select these only after all the other nutrient-dense foods have been consumed.

Resource: [Nutrition for Women the Complete Guide](#) by E. Somer & [Nutrition for Women](#) by E. Somer.