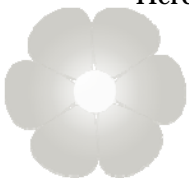




## Nutrition and Health during Pregnancy

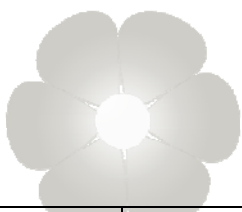
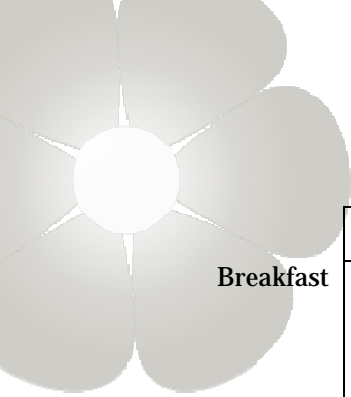
Your health and nutrition are important parts of your pregnancy. Make sure that you are eating a well balanced diet including a variety of foods. Try to make the best choices when reaching for food. Know that your baby takes in what you take in. I encourage you to eat a diet rich in protein, fresh organic produce and complex carbohydrates.

Here are a few more things to remember:

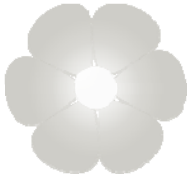
- 
- Eat Organic whenever possible. This will help you to avoid unwanted toxins in your body. Toxins often store themselves in fat and are re-released into breast milk.
  - Eat a diet high in protein. Protein is the building blocks for healthy cells and the fuel for creating those building blocks.
  - Eat a variety a vegetables, especially dark leafy greens.
  - Fruit is a great way to satisfy a sweet craving. Be aware of your sugar intake. Always combine fruit with a protein snack.
  - Use lower fat dairy products, but not NO-fat.
  - Drink plenty of water, a minimum of 64 oz. per day.
  - Limit the amount of fruit juice you drink, as it is very high in sugar. If you feel the need to drink juices, drink organic or 100% (not from concentrate). Better yet, make a pulpy smoothie from whole fruits.
  - Take a daily prenatal vitamin. Make sure that your vitamin contains folic acid. Consider taking an Omega 3 fatty acid supplement (DHA, fish oil, flax seed) as they build brain matter and neurotransmitter pathways in the brain.
  - Thomas Brewer's diet for pregnancy is a wonderful guide ([www.blueribbonbaby.org/](http://www.blueribbonbaby.org/)).
  - Eat fish selectively. Fish is a great source of many necessary dietary needs in pregnancy. Do *not* eat Shark, Swordfish, King Mackerel, or Tilefish because of their high levels of mercury. Check out the APA for more information on mercury levels ([www.americanpregnancy.org](http://www.americanpregnancy.org))
  - Avoid soda and junk food. They don't benefit you or your baby.
  - Avoid excessive caffeine. Excess use of caffeine is associated with maternal reproductive problems, fetal malformations, and heart defects.
  - Avoid alcohol. Periodic bingeing or more than two drinks per day of alcohol may cause danger or defects.
  - Avoid simple carbohydrates because your body sees and processes them as pure sugar and they often have no nutritional value.
  - Avoid unpasteurized cheeses as they can carry a bacteria called Lysteria which may be harmful to the baby. Always check your labels.
  - Avoid trans fatty acids—partially hydrogenated oils. Trans fatty acids are being linked to heart disease as well as the obesity problem.
  - A final rule is to avoid anything that is not food. This includes anything you cannot pronounce on a food label or non-food items (dirt, laundry soap, etc...) If you find you are craving non-food items, talk with your care provider as this can be a sign of an iron deficiency.

Check out my link on Pregnancy Lovin' Recipes for information on healthy and wholesome recipes that can help you get the nutrition you need during pregnancy.

Check out the following page for a very simple diet sheet. Tracking a few weeks' worth of intake can help you see what you can do better on, what you are doing right, and what needs to be modified for optimum health for you and your baby!



### Tracking Your Intake



Breakfast

Snack

Lunch

Snack

Dinner

Snack

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday