

Healthy Eating in Pregnancy

Eating the right foods can help you have a healthy pregnancy and a healthy baby. Here are some guidelines to help your choices. If you have special dietary concerns, please discuss these with your midwives.

At mealtime, about 1/4 of your plate should be "brown" (protein), ¼ "white" (grain), and the other ½ should be at least 2 different colored vegetables.

When snacking, pair proteins with carbohydrates, such as cheese and grains, or apple and peanut butter.

Protein	Vegetables	Grains	Fruit	Dairy
<p>Babies are made of protein! Try to eat about 6-7 servings of protein every day (80-100 grams).</p> <p>One serving is: 1 oz meat, fish, poultry 1 egg, a handful of nuts ¼ c. dried beans/peas 1 Tablespoon nut butter</p> <p>Red meats (beef, liver, dark meat) also give you extra iron, which baby needs a lot of.</p> <p>Eat vegetable protein every day (soy, nuts, nut butter, dry beans).</p> <p>Try for 2 eggs per day. Limit bacon.</p>	<p>Eat more veggies! One serving is: 1 cup raw or cooked veggies 2 cups raw leafy greens</p> <p>Eat 3 or more servings of fresh, frozen, or low-sodium canned vegetables each day.</p> <p>Eat at least 3 servings of yellow or orange vegetables each week.</p> <p>Limit sweet corn (it's actually a grain, and contains lots of sugar).</p>	<p>Eat mostly whole grains like brown rice, oats, barley, whole wheat, millet, quinoa.</p> <p>One serving is: 1 slice of bread 1 cup dry cereal ½ cup cooked rice, pasta, or hot cereal</p> <p>Eat 5-6 servings of healthy grains in the 1st trimester, and 8 servings in the 2nd and 3rd trimester and while breastfeeding.</p> <p>Limit highly processed foods such as crackers and chips and avoid white foods such as breads, pastas, potatoes and rice, choosing whole grain and colorful options instead.</p>	<p>Add color with fruit! Fruits contain a lot of healthy vitamins, minerals, and electrolytes, but also a lot of sugar.</p> <p>One serving is: 1 cup or piece of fruit ½ cup 100% fruit juice ½ cup dried fruit</p> <p>Eat 2 servings per day. Choose fresh fruit when possible, and limit fruit juice and canned or frozen fruit as these often contain added sugar, and less fiber.</p>	<p>Babies need calcium too! One serving is: 1 cup milk or yogurt 2 oz hard cheese (2 slices, or two 1" cubes) 2 cups cottage cheese</p> <p>Eat 3-4 servings of milk, cheese, and/or yogurt each day.</p> <p>Yogurt contains probiotics, which help fight infections.</p> <p>Avoid unpasteurized milk and soft cheese such as brie, feta, queso fresco, queso blanco, roquefort, blue cheese or camembert unless it is labeled as made with pasteurized milk.</p>

Choose Healthy Oils

Use plant oils, such as coconut, canola, safflower, and olive oil for cooking. Use only 1-2 teaspoons butter per day. Avoid other solid fats (lard and margarine), and read labels to avoid saturated and hydrogenated (trans) fats. Limit total oil to 2 tablespoons per day

A Special Note on Fish

Fish is a good source of omega 3 fatty acids, important for baby's brain development, and mercury, which is not! Include 2-3 servings (12 oz) per week of low mercury fish and seafood, such as tilapia, salmon, shrimp, catfish, light tuna. Avoid shark, swordfish, king mackerel, tilefish. Limit white (Albacore) tuna to 6oz per week. Do not eat raw/undercooked fish.

Don't Eat That!

Help protect yourself and your growing baby from serious diseases (listeria and toxoplasmosis) by following these guidelines:
Don't eat raw or undercooked meat, especially lamb, pork, and chicken. Cook meat until juices run clear, and meat is not pink.
Do not eat hotdogs or deli meats unless heated to steaming hot
Do not eat refrigerated pates or spreads (listeria thrives in the refrigerator). Canned and shelf-stable versions are okay.
Avoid refrigerated smoked seafood unless cooked.
Avoid soft cheeses, unless pasteurized (see above). Hard cheeses, processed cheeses, cream cheese, and cottage cheese are okay.