

Pregnancy Nutrition Guidelines

FISH

12 ounces per week, fully cooked
(3 ounces is about the size of the palm of your hand or a deck of cards)

- Shrimp
- Salmon
- Pollock
- Catfish
- Whitefish

DO NOT CONSUME:

- Swordfish
- Shark
- King Mackerel
- Tilefish

FOLATE (FOLIC ACID)

Folate is especially important in early pregnancy to reduce your baby's risk of problems with the spinal column (neural tube). These foods are rich in folic acid:

- dark, leafy greens
- citrus fruits and juices
- beans and peas
- fortified cereals

IRON

Pregnant women need to increase their intake of iron-rich foods, like these:

- iron-fortified cereals
- beans (kidney beans)
- dark, leafy greens (spinach, kale)
- red meat
- raisins

Take with citrus/orange juice to increase absorption.

FOOD TO AVOID

Deli meats should be fully cooked (heated up) if eaten. All meats and fish should be fully cooked (steak at least to medium).

NO brie, feta, camembert, blue cheese, or Mexican soft cheese

SUGGESTIONS

Switch to whole grain breads and pasta.

Use baby spinach or arugula instead of iceberg or romaine in your salad.

PROTEIN-RICH SNACK IDEAS

- almonds, peanuts, or other nuts (large handful)
- sunflower seeds
- yogurt and fruit
- granola bar with nuts/seeds or a protein-rich power bar
- peanut butter on graham crackers, apples, or celery
- smoothies (made with yogurt, frozen fruit or peanut butter, bananas, milk)
- cottage cheese (with or without fruit)
- low-fat pudding
- cheese on whole wheat toast or crackers
- oatmeal and milk
- hard-boiled eggs
- whole wheat pita bread or crackers with hummus
- trail mix

IRON-RICH SALAD RECIPE

Ingredients:

- baby spinach
- mandarin oranges
- yellow raisins
- sunflower seeds
- olive-oil based light vinaigrette

Toss all ingredients together just before eating. Add grilled/baked chicken breast to make a full meal.

CHUNKY MONKEY SMOOTHIE RECIPE

Ingredients:

- 1 frozen banana
- 3-4 ice cubes
- 1 cup of milk
- 2 tablespoons of peanut butter
- a generous squirt of chocolate sauce (to taste)

Blend together in a blender until smooth.