



THE WOMEN'S HEALTHCARE GROUP
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Nutrition Guidelines to get you started

1. **Diet Myth** - *"I can eat whatever I want"*. **Truth** - due to the rapidly developing baby and high nutrition needs to support proper growth and development, *it is important to eat the healthiest diet you can for the entire pregnancy.*
2. For greatest success to maintain a healthy diet, **you must plan meals and ahead.** Inadequate planning typically leads to quick, processed and fast foods which lack nutrition quality. Skipping meals will lead to poor energy levels and leads to over eating at meals and snacks. **Always eat breakfast and do not skip meals ever during your pregnancy.**
3. When planning meals ahead, always **make sure to include protein options at every meal and snack - especially at breakfast.** Do not eat snacks and call them meals. For example, just having a yogurt for breakfast does not have enough calories to support your needs. Make sure to add some nuts plus some eggs to go with it.
4. **Take your prenatal vitamin every day!**
5. **Plan healthy snacks for on-the-go** such as PBJ, trail mix with nuts and fruit pieces, fresh fruit, low fat yogurt, nuts (all kinds), hard boiled eggs with crackers, veggies with hummus.
6. **Protein needs increase to 70g each day during pregnancy** so make sure to start every meal and snack with a protein source.
7. **Protein options** come from all meats, fish and seafood in limited amounts, eggs, nuts, peanut butter, beans, cottage cheese, Greek yogurt, milk, hard cheese/cheese stick, tofu, 100% whey protein powders for protein shakes (no fruit smoothies due to high sugar content).

8. Calcium needs increase during pregnancy due to the fast growing fetus. **Aim for 1000-1200mg calcium every day.** (*Prenatal Vit's do not meet needs*) Try to include three servings of dairy foods everyday or take a daily calcium supplement if you are allergic, intolerant or just don't like dairy.
9. **Plan fruits and vegetables into your diet every day!!** There is no such thing as a perfect fruit or vegetable and there's no such thing as a bad fruit or vegetable -eat all of them!!! Combine with a protein option to maintain good energy levels.
10. **Start getting extra folic acid in your diet on a daily basis.** Be sure to take your prenatal vitamin every day. If you are taking a children's vitamin, you will need to supplement with extra folic acid daily. Look for a supplementation amount of 600 micrograms per day.
11. **Aim for 8-10 glasses of water every day.** Limit your intake of coffee, tea, soda, sweetened tea, lemonade, and juices because of the high amounts of added sugar which contributes to excess weight gain.
12. **Limit caffeine intake to 200 mg per day** because the growing fetus cannot tolerate this stimulant.
13. **Increase your intake of iron rich foods** due to the high amount of blood our body produces during pregnancy. Good sources are red meats, dark poultry meats, tuna fish (6oz/wk), dark greens, dried fruits, eggs, Iron fortified cereals, and beans.
14. **Cook all your deli meats due to possible Listeria contamination.** Cook in your frying pan or in the microwave for 30 seconds. Otherwise, do not eat deli meats.
15. **Get adequate sleep every night.**

Resources:

1. www.thewhcg.com - "Pregnancy Central"
2. www.choosemyplate.gov
3. www.marchofdimes.com
4. www.whattoexpect.com
5. www.healthywomen.org
6. www.cdc.gov
7. www.eatingwell.com