

NUTRITION

PRENATAL VITAMINS

We recommend taking a prenatal vitamin daily. These can be purchased over the counter at any pharmacy. Daily dietary intake (including vitamins or supplements) should contain the following:

FOLIC ACID: 400-1200mcg

IRON: 27mg

DHA: 200mg

CALCIUM: 1200mg

PROTIEN: 60g

VITAMIN D: 800-2000 IU (each provider may have a different target IU for you depending upon her diet and sun exposure)

if your prenatal vitamin is making you
nauseous, it is okay to take a chewable or
Flintstones "Complete" vitamin daily

We recommend eating a healthy well balanced diet in pregnancy, following these dietary recommendations:

FOOD GROUP	ONE SERVING EQUALS	RECOMMENDED DAILY SERVINGS
Bread, cereal, rice, and pasta	1 slice bread ½ cup dry cereal ½ -3/4 cup cooked cereal ¼ cup bulgar 1 pocket pita bread 2 rice cakes 2 oz. dry uncooked pasta	6-11 servings daily
Vegetable	½ cup green or yellow vegetables i.e. corn, squash, spinach, broccoli, carrots, romaine, potato	3 - 4 servings daily
Milk, cheese, yogurt, or other calcium rich foods	1 cup milk 1 ½ cup cottage cheese 1 inch cube hard cheese 1 cup yogurt 1 cup buttermilk 8 corn tortillas 3 oz. canned sardines	4 servings daily
Meat, poultry, fish, dry beans, eggs, and nuts	2 ounces meat, poultry, or fish 2/3 cup cooked beans 2 eggs ½-2/3 cups nuts	3 - 4 servings daily
Fruits	1 orange 1 apple 1 peach ½ grapefruit 1 banana 1 tomato 1/8 section of cantaloupe ¼ section papaya A handful of grapes 1 kiwi 1 plum	3 – 4 servings daily
Fats, sweets, oils	Eat sparingly	

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SPECIAL DIETS DURING PREGNANCY

VEGETARIAN/VEGAN DIET

If you are a vegetarian, you can, with knowledge and careful planning, adequately nourish yourself and your unborn baby, especially if you include milk and eggs in your diet.

Your major concerns are these:

- Sufficient calorie intake

- Variety of protein-rich foods to obtain all the essential proteins each day

- Vegans: sufficient intake of vitamin B12, which is primarily found in animal protein

Major dietary sources of protein include:

- Tofu or vegetarian/vegan meat substitutes

- Dried beans and peas

- Peanut butter

- Nuts

- Whole grains

- Cereals

- Dairy products, eggs, Greek yogurt

MILK INTOLERANCE/ALLERGY

If you cannot tolerate milk, explore other ways to get enough calcium. Try cultured forms of milk such as cheese, yogurt, and acidophilus milk-which are often well tolerated by people whose systems are upset by milk. Another option is to drink low-lactose milk, which contains lactase (an enzyme that helps convert the lactose in milk into a more digestible sugar). If you simply do not like the taste of milk, try cooking with dry powdered milk or eating cream soups and cheeses. These alternatives will give you the benefits of milk without its taste. If your diet does not usually contain dairy products, you will need other foods rich in calcium. If you are not meeting your needs through your diet, however, you may need calcium supplements. Consult your care provider if this is a problem for you.

FOOD INTOLERANCE/ALLERGIES

If you have significant food allergies, you may need a nutritionist to help you plan a healthful pregnancy diet. Sometimes the elimination of problem foods leads to an inadequate diet, so you will need careful guidance. Consult your care provider if this is a problem for you.

ANOREXIA AND BULIMIA

If you have been anorexic or are struggling with bulimia, it may be more difficult for you to accept the weight gain and body changes that occur with pregnancy. In addition, you may be at risk for a poor pregnancy outcome. Nutritional and psychological counseling may be beneficial for your well-being and the health of your baby. Many urban areas have anorexia and bulimia support groups that may be helpful as well. Please notify your care provider if you would like information regarding these services.

FOOD CRAVINGS AND PICA

Pregnant women frequently find themselves craving a specific food in large quantities.

Sometimes foods they otherwise rarely eat are especially desired, such as hot peppers or other

hot or spicy foods. Although we do not understand such cravings, they are harmless unless they interfere with good nutrition. Cravings for nonfood items are also common during pregnancy.

The eating of nonfoods in response to a craving is called pica. Pregnant women have reported craving and eating ice, baking soda, baking powder, cornstarch, dirt, clay, cigarette ashes and other nonfood substances. Women have also described cravings to smell substances such as gasoline, fingernail-polish remover, bleach, ammonia, pine oil disinfectant and body powder.

Along with these unusual cravings comes a need to keep the craving secret. Many women feel confused and isolated because of their behavior. They worry about the effect these substances have on their developing baby. Many women are reluctant to share their cravings and concerns with their health care provider. Worry or shame about the cravings even causes some women to avoid prenatal care.

Eating nonfood products and smelling substances such as gasoline are associated with symptoms such as constipation, bowel obstruction, elevated blood pressure and anemia. If you have nonfood cravings, seek the help of a health care provider, childbirth educator or counselor with whom you feel comfortable. He or she can help you find out if your cravings present danger to you or your baby. Your provider can also help you find ways to cope with the cravings and to avoid those harmful substances.

ASPARTAME

The sugar substitute aspartame (NutraSweet or Equal) is present in numerous products including diet drinks, chewing gum, desserts, and vitamins. Aspartame is a combination of two amino acids, phenylalanine, and aspartic acid, both of which are known to be toxic at very high levels. There are no reports associating birth defects with the use of aspartame in pregnancy. The Food and Drug Administration (FDA) has established a safe upper limit of aspartame for adults (3.4 grams of aspartame per day for a 150-pound adult, which is equivalent to 15 12-ounce cans of soda), but it has not addressed the issue of safe levels for pregnant women and their unborn babies. The best advice is to limit or avoid aspartame during pregnancy and to substitute more nutritious options such as milk, juice, or sparkling water with a dash of juice.

NUTRITION-RELATED BIRTH DEFECTS

FOLIC ACID

Folic acid supplements taken before conception and during early pregnancy have been shown to dramatically reduce the incidence of neural tube defects and orofacial clefts (cleft lip and cleft palate). It is recommended that you take at least 400 mcg of folic acid daily beginning at least one month prior to conception and continuing until at least the third month of pregnancy.

VITAMIN A

Vitamin A is important for your baby's embryonic growth – including the development of the heart, lungs, kidneys, eyes, and bones, as well as the circulatory, respiratory, and central nervous systems. It also helps with infections resistance and fat metabolism. Pregnant women need about 750 mcg of vitamin A per day. You do not have to get the recommended amount of vitamin A each day. Instead, aim for that amount as an average for the course of the week.

It is important during pregnancy to not get too much vitamin A which, in high doses, especially during the first seven weeks of gestation, has been associated with a higher incidence of fetal defects. This is one important reason NOT to double up on your prenatal vitamins or take any supplements that your obstetrician does not recommend. Also: Stay away from prescription acne drugs, such as Accutane, and other drugs related to retinol (a compound of vitamin A), including topical Retin-A.

FOODS TO LIMIT

FISH

Fish can be an important part of a healthy diet. It can be a good source of protein and is low in fat and rich in essential fatty acids. Some kinds of fish, however, have too much mercury in them. Large amounts of mercury have been shown to cause neurological disorders.

Avoid fish high in mercury such as shark, swordfish, king mackerel, tilefish, sea bass, ahi, yellowtail, bluefin, and tuna steak.

You can eat an average of 12 ounces of fish per week that is purchased from a store or restaurant. Fish low in mercury include salmon, flounder, canned light tuna, cod, cat fish, trout and pollock. Other seafoods that are low in mercury include clams, scallops, lobster, and shrimp

If you catch fish, check to see if there is a fish advisory in the area. Limit your consumption of freshwater fish to 6 ounces per week for adults.

Albacore or light canned tuna is fine to eat, but may contain mercury, limit the amount you eat based on your weight.

100 lbs 5 oz.
125 lbs 6 oz.
150 lbs8 oz.
175 lbs 9 oz.
200 lbs 10 oz.

If you have questions about fish advisories, mercury or other fish not listed, call the Washington State Department of Health's Office of Environmental Health Assessment at 1-800-485-7316 or visit the Washington State website at www.doh.wa.gov/fish

CAFFEINE

We recommend limiting your consumption of caffeine to 150 to 300 mg a day or less.

Drip coffee - 100mg per 8 ounce serving

Espresso shot - 90mg per shot

Cola - 20-60mg per 12 ounce serving depending on brand

Tea- 15-60mg per 8 ounce serving depending on brand

Energy drinks- typically 100-200mg per serving

LISTERIA

FOODS TO LIMIT

Foods that tend to carry listeria include the following:

- Unpasteurized, soft cheeses such as feta, Brie, queso blanco, queso fresco, Camembert, or blue-veined cheeses unless they are made from pasteurized milk
- Unpasteurized milk or foods that contain unpasteurized milk
- Raw meat, fish, or eggs
- Pâté, meat spreads from a meat counter and smoked seafood found in the refrigerated section of the grocery store
- salads made in the store, such as ham, chicken, egg, tuna, or seafood salad

PREPARATION TIPS

When eating any meats such as deli meat, hot dogs, or seafood, ensure they are fully cooked and steaming hot prior to eating, as this temperature will kill any bacteria on them. Canned pâtés or meat spreads are OK.

These foods do not always carry the bacteria listeria but are the most likely to if there is a contamination problem. Listeria tends to infect large quantities of food, so be extra cautious if you hear an announcement about a contamination. We recommend that pregnant women always take precautions to avoid this bacteria, because the risk is far worse for pregnant women and their babies than the general population.

LISTERIA

Listeria is a bacterium that can contaminate food. In pregnancy, listeria can cause miscarriage, premature delivery or serious illness including death of a newborn.

SYMPTOMS

Early signs may include fever, chills, muscle aches, diarrhea, and an upset stomach. At first you may feel as if you have the flu; later you could have a stiff neck, headache, loss of balance or convulsions.

PREVENTING LISTERIA

Do not eat foods likely to be contaminated.

Cook foods to a safe internal temperature.

Keep uncooked meats separate from other foods that will not be cooked.

Wash hands, knives and cutting boards after handling uncooked foods, deli meats or hot dogs.

Wash countertops with hot, soapy water after preparing food.

For more information contact www.fsis.usda.gov

HOW TO MAXIMIZE IRON ABSORPTION

Iron absorption is optimal when iron supplements are taken on an empty stomach and not with food. It has been proven that certain foods can inhibit the absorption of iron by as much as one-third to one-half compared to that taken on an empty stomach. It is therefore recommended that you take the supplements either one hour before or two hours after mealtime with a glass of water or juice (citrus juice preferred). If, however, you are experiencing difficulties taking iron supplements on an empty stomach because of nausea, take your supplements with a plain piece of toast or some saltine crackers. Your physician may even recommend that you reduce the dosing (number of times you take the pills per day) of your iron supplement to try to relieve the nausea. It has always been considered preferable to take iron in the fasting state, even if the dose must be reduced to relieve the side effects.

Food products that interfere with or inhibit iron absorption

Tea	Milk or dairy products
Coffee	Eggs
Soda	Legumes (peas and beans)
Caffeine	Dietary fiber (bran, lignin)
Protein	

Certain vitamin supplements and medications can also greatly reduce or inhibit the absorption of iron. These include prenatal vitamins, antacids, anti-inflammatory agents, and some antibiotics. To ensure optimal iron absorption, it is suggested that you do not take iron supplements with any vitamins or medications. This will also prevent the iron supplement from reducing the therapeutic effectiveness of your medication and/or vitamins. It is usually recommended that you separate taking your iron supplements from other medications or vitamins by at least two hours (before and after).

Supplements and Medications that interfere with or inhibit iron absorption

Antacids	Calcium
Anti-inflammatory agents	Phosphate
Chloramphenicol	Copper
Deferoxamine	Magnesium
Penicillamine	Cadmium
Tetracyclines	Cobalt
Sulfonamides	Manganese
Ranitidine	Aluminum
Quinidine	

If you have questions or are experiencing difficulties taking iron supplements, please contact the office.