

## Is sushi safe to eat during pregnancy?

Raw and undercooked fish and meats should be AVOIDED during pregnancy. This includes undercooked ground meats such as hamburgers, raw fish found in sushi or sashimi, ceviche, or smoked fish. Raw meats may contain parasites or cause food borne illness disrupting growth and development of your baby. However, fully cooked sushi or tuna steaks from a reputable sushi chef is safe.

## Are artificial sweeteners healthy for the baby?

Aspartame (NutraSweet®, Equal®) is generally recognized as being safe during pregnancy; however, consumption in large amounts has not been studied. Use in moderation. Saccharin (Sweet'N Low®) crosses the placenta to the baby and should be LIMITED during pregnancy.

## What about herbal supplements and herbal tea?

Certain herbs can cause serious effects during pregnancy. Discuss any herbal supplements with your physician before taking them. Herbal teas are considered safe in moderation (two to three cups per day).

## How to avoid food borne illness

Luncheon meats can carry the bacteria listeria monocytogenes, which can cause serious illness to you and your baby. AVOID hot dogs and luncheon meats unless they are reheated to be steaming hot (165° F). Also, AVOID soft cheeses (brie, feta, camembert, blue-veined cheeses, and Mexican-style cheeses such as "queso blanco, queso fresco, and panela") unless labeled as "made with pasteurized milk."

DO NOT eat refrigerated meat spreads. AVOID smoked seafood unless it is cooked (like lox or jerky). AVOID unpasteurized milk, juices and ciders. AVOID salads made in-store such as ham salad, chicken salad, egg salad, or tuna or seafood salad; AVOID raw sprouts.

## Tips to Help Relieve Nausea/Vomiting

- Eat dry toast or crackers before getting out of bed. Get out of bed slowly.
- Avoid brushing your teeth first thing in the morning.
- Eat small, frequent meals high in carbohydrates.
- Avoid unpleasant odors.
- Get adequate rest.
- Suck on candies flavored with mint or ginger.
- Snack on graham crackers and limited amounts of soda (the combination of sugar and caffeine may be effective).
- Limit fatty foods/foods that cause discomfort.
- Cold foods may be easier to tolerate.
- Drink as many fluids as possible to replace those lost with vomiting. Sip slowly. Avoid highly caffeinated beverages which sometimes aggravate nausea.
- Suck on sugar-free lemon candy or drink lemonade.
- Wear a wristband designed for motion sickness.
- Take advantage of moments when you feel less nauseous by eating nutritious foods and snacks.
- Do not overstuff yourself.
- Stress/anxiety are linked to morning sickness. Try a massage or deep breathing exercises.



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# Pregnancy and Nutrition



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# Nutrition and Pregnancy

During your pregnancy, your body needs extra calories and nutrients to nourish you and your developing baby. A well-balanced diet will help to ensure a healthy pregnancy and newborn, and it will give you back some of the energy your growing baby is taking from you.

This brochure will give you an overview of recommended foods, beverages and vitamins, as well as things to avoid while you are pregnant. In addition to keeping you healthy, these suggestions may help to avoid or relieve the nausea and/or vomiting that some pregnant women experience. The food plate guide in this brochure is helpful to save and use when planning your meals and snacks, even after your pregnancy.

## What Your Body Needs

While all nutrients are important, your body has increased needs for folate, calcium, iron, protein, and calories during pregnancy.

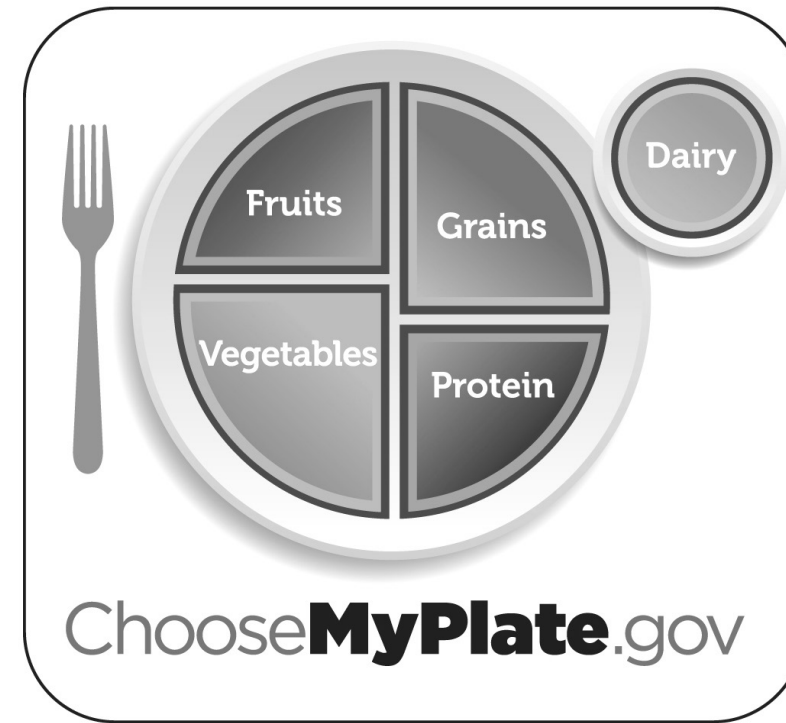
**Folate:** In order to help prevent neural tube defects in newborns, all women of childbearing age should consume 200 mg of folate per day from food sources, plus another 400 mg per day from a supplement. The major natural sources of folate are legumes (such as peas or beans in a pod), green leafy vegetables, liver, whole wheat bread, and citrus fruits and juices.

**Calcium:** Women ages 14 to 18 should consume at least 1,300 mg of calcium per day. Women ages 19 to 50 should consume at least 1,000 mg per day. Calcium is found in dairy products and in some calcium-fortified foods (e.g., orange juice.) A minimum of three servings per day is recommended.

**Iron:** Iron-deficiency anemia is the most common nutritional deficiency during pregnancy. Iron-rich foods such as lean red meats, fish, poultry, dried fruits, and iron-fortified cereals should be eaten daily. For the best absorption of iron, it should be consumed along with foods high in vitamin C (citrus fruits, tomatoes, or raw, leafy vegetables). Whole grain cereals and breads, legumes, tea, and coffee prevent your body from absorbing iron, so they should be consumed separately from iron-rich foods and supplements.

Talk to your doctor about taking a prenatal vitamin with iron. Constipation is a common side effect of iron supplements. Consuming plenty of fluids, whole grains, fruits, and vegetables will help to promote bowel regularity.

**Calories and Protein:** During the second and third trimesters of pregnancy, your body requires extra calories and protein to ensure adequate weight gain for you and your baby. If you are pregnant with one child, you should consume an extra 400 calories and 25 grams of protein per day. If you are carrying twins, you should consume an extra 500 calories and 50 grams of protein per day.



MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

## Frequently Asked Questions

### How much weight should I gain during my pregnancy?

Most women should gain 25 to 35 pounds during pregnancy, with the majority of the weight being gained in the second and third trimesters.

- If underweight at conception, aim for a larger weight gain (28 to 40 lbs.).
- If overweight at conception, limit weight gain (15 to 25 lbs.).
- If carrying twins, aim to gain 35 to 45 lbs., regardless of pre-pregnancy weight.

### Can I eat fish during my pregnancy?

Many types of fish and other seafood are excellent, low-fat sources of many nutrients (protein, omega-3 fatty acids, calcium, zinc), but they also contain methylmercury which can lead to mercury poisoning in newborns if too much is eaten. Limit seafood, including canned tuna, to 12 ounces per week. Pregnant women should **AVOID** eating swordfish, shark, king mackerel, tilefish, and tuna steaks.