Academy of Nutrition and Dietetics

Client Name _____ **Date** _____

RDN/NDTR _____

Email _____ **Phone** _____

Pregnancy Nutrition Therapy

Nutrition During Pregnancy

- Eating a healthy balanced diet will help you and your baby get the nutrition you need.
- By eating a variety of healthy foods, you should be able to get all the nutrients that you need for pregnancy from food and prenatal vitamins.
- Taking your vitamins with a small meal or snack will help you better tolerate and absorb them.
- Extra calories should be from nutritious foods, such as lean meats, low-fat or nonfat dairy products, fruits, vegetables, and whole grain breads and cereals.
- Drink approximately 12 (8-fluid ounce) cups of water or other beverages (caffeine-free or 100% fruit juice) throughout the day.

Daily Meal Planning Guidelines

- Have at least 3 cups of low-fat or fat-free dairy foods for adequate calcium and vitamin D intake.
- Eat at least 3 cups of vegetables (including at least 1 cup of dark green or orange vegetables that are high in vitamin C).
- Have at least 2 cups a day of fruit. Limit juice to 100% fruit juice and only 1 cup a day.
- Eat at least 5 to 7 ounces of grains like whole grain bread, cereal, or pasta. At least half your grains should come from whole grains.
    - Choose cereals and bread products that are fortified with iron. These, along with your prenatal vitamin, will meet your iron needs during pregnancy
- Eat at least 5 to 6 ounces of protein like lean meat, fish, or poultry.
    - If you do not eat meat, try similar amounts of other foods with protein, like cooked dried beans or lentils, tofu or soy, eggs, nuts, or peanut butter.

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Foods Recommended

Remember to eat a wide variety of foods. The foods below are good examples of foods that are good sources of nutrient your body needs most when you are pregnant.

Food Group	Amount per Day	Foods Recommended	Examples
Dairy	3 cups	Low-fat yogurt Fat-free (skim) milk Low-fat (1%) milk Reduced-fat cheese or cottage cheese Part skim ricotta cheese	1 cup milk 8 ounces yogurt 1 ½ ounces cheese 2 ounces processed cheese
Fruits	2 cups or more	Fresh, frozen, canned, and dried fruits Fruit juices and nectars	**1 cup =** 1 medium piece of fresh fruit ½ large fruit like grapefruit or mango 1 cup chopped, cooked, or canned fruit 1 cup (8 fluid ounces) 100 % fruit juice ½ cup dried fruit
Grains	5 to 7 ounces	Fortified ready-to-eat cereals Fortified cooked cereals Wheat germ Whole grain bread Pasta and rice	**1 ounce =** 1 slice whole wheat bread 1 cup ready-to-eat cereal ½ cup cooked cereal, rice, or pasta ½ bun, small bagel, or English muffin
Protein	5 to 6 ounces	Cooked dried beans and peas, such as pinto beans, soybeans, white beans, lentils, kidney beans, and chickpeas Nuts and seeds, such as sunflower seeds, almonds, hazelnuts, pine nuts, peanuts, and peanut butter Lean beef, chicken, turkey, lamb, and pork Shrimp, clams, oysters, and crab Halibut, cod, rainbow trout, herring, sardines, rockfish, and yellowfin tuna	**1 ounce =** 1 ounce meat, fish, or poultry 1 large egg ¼ cup tofu ¼ cup cooked beans 1 tablespoon peanut butter 1/2 ounce unsalted nuts
Vegetables	3 cups or more	Fresh, frozen, and canned vegetables Vegetable juice (low-sodium varieties)	**1 cup =** 2 cups raw, leafy vegetables 1 cup cooked vegetables 1 cup (8 fluid ounces) juice

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Foods Not Recommended

Food Group	Foods Not Recommended
Beverages	Alcohol Excessive caffeine Some types of herbal tea. Avoid drinking herbal teas. If you must, then speak with your doctor before drinking
Meat, Fish, and Poultry	Raw or uncooked meats, fish, poultry, or eggs Avoid fish with high mercury levels, such as shark, swordfish, king mackerel, and tile fish Eat no more than 12 ounces per week of fish and shellfish that have lower concentrations of mercury, including shrimp, canned light tuna, salmon, pollack, and catfish Albacore (white) tuna has more mercury than canned light tuna. Limit it to 6 ounces per week If no advice is available about locally caught fish, do not eat more than 6 ounces per week Hot dogs, luncheon meats, bologna, or other deli meats, unless they are heating until steaming hot
Dairy Products	Raw or unpasteurized milk; cheese and dairy products made with raw or unpasteurized milk Soft cheese, such as brie Blue cheese, such as gorgonzola
Fruits and Vegetables	Raw sprouts Unpasteurized apple cider or juices
Other	Tobacco Illicit drugs Herbal remedies or supplements. If you do use any teas, herbs, or home remedies, discuss with your doctor to be sure that they are safe for you and your baby Vitamin or mineral supplements other than those recommended, or prescribed by your doctor, nurse practitioner, or midwife

Notes:

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Pregnancy Sample 1-Day Menu

Meal	Menu
Breakfast	1 1/2 cups ready-to-eat, fortified cereal 1 cup low-fat or fat-free milk 1 cup orange juice Hot beverage
Morning Snack	5 whole-wheat crackers 1.5 oz cheddar cheese
Lunch	2 slices whole-wheat bread 2 oz skinless chicken breast 1/4 cup lettuce 2 slices tomato 1 teaspoon mustard 1/2 cup carrot and celery sticks 1 banana
Afternoon snack	1 cup low-sodium tomato or vegetable juice 1 apple
Evening Meal	3 oz roast beef 1 cup mashed potatoes 1 cup cooked broccoli 2 cups tossed salad 2 tablespoons vinaigrette salad dressing
Evening Snack	5 graham crackers 1 tablespoon peanut butter 1 cup low-fat or fat-free milk

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