

# Nutrition D·U·R·I·N·G Pregnancy

## It is a wonderful FACT

—your body will gain weight during your pregnancy to support the growing baby! By the time you are ready to give birth, your total blood volume will have increased by as much as 60%. Your breasts will have filled with milk. Your uterus will have grown, filled with amniotic fluid and supported your baby to an average weight of 6-10 pounds.

The total amount of weight you should gain depends on your weight and BMI (body mass index) before pregnancy:

**25-35** POUNDS if you were a healthy weight before pregnancy, with a BMI of 18.5-24.9.

**28-40** POUNDS if you were underweight before pregnancy, with a BMI of less than 18.5.

**15-25** POUNDS if you were overweight before pregnancy, with a BMI of 25-29.9.

**15-25** POUNDS if you were obese before pregnancy, with a BMI of over 30.



Gaining too much weight during pregnancy comes with risk of complications, including gestational diabetes, backaches, leg pain, increased fatigue, high blood pressure and increased risk of cesarean delivery.

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To accomplish all of these productive changes in a healthy way, a gradual increase of calories as the baby grows is the best bet. Here is an overview of how calorie needs change during each trimester:

- The first trimester does not require any extra calories.
- During the second trimester an additional 340 calories a day are recommended.
- During the third trimester an additional 450 calories a day are recommended.



During pregnancy the basic principles of healthy eating remain the same—get plenty of fruits, vegetables, whole grains, lean protein and healthy fats. However, a few nutrients in a pregnancy deserve special attention:

## PROTEIN:

75 to 100 grams per day. Protein in your foods positively affects the growth of fetal tissue, including the brain. It also helps your breast and uterine tissue to grow during pregnancy and it plays a helping part in your increasing blood supply. Choose lean meats, eggs, seafood, low-fat dairy, lentils/beans and peanut butter/nuts.

## FOLATE/ FOLIC ACID:

800mcg per day. Folate is a B vitamin that helps prevent neural tube defects and serious abnormalities of the brain and spinal cord. Folic acid supplementation has been shown to decrease the risk of preterm delivery. Choose fortified cereals, green leafy vegetables, beans and nuts.

## CALCIUM:

1000mg per day. You and your baby need calcium for strong bones and teeth. Calcium also helps your circulatory, muscular and nervous systems run normally. Aim for 3 cups of dairy daily (other options are fortified juice, salmon and green leafy vegetables).

## VITAMIN D:

600IU per day to help build your baby's bones and teeth. Good sources are fatty fish, such as salmon, fortified milk and orange juice.

Recommendations are for single gestations.



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