

WHAT DO I NEED TO KNOW ABOUT PREGNANCY, NUTRITION & WEIGHT?



Nutrition while you're pregnant shouldn't be complicated as long as you understand how to get the nutrients you need for you and your baby. While everyone is different, the guidelines are the same, so let's take a look. Here's a few examples for women carrying a "singleton" - meaning just one baby in the papoose:

	Mom-to-Be #1	Mom-to-Be #2
Height:	5'4	5'4
Pre-pregnancy weight:	120 lbs.	160 lbs.
BMI:	20.5 (Healthy weight)	27.3 (Overweight)
Recommended weight gain:	25 - 35 lbs.	15 - 25 lbs.
Pre-pregnancy suggested daily calories & protein:	1500 calories & 44 grams protein	1625 calories & 47 grams protein
Pregnancy needs:		
Trimester 1	1500 calories & 65 grams protein	1625 calories & 70 grams protein
Trimester 2	1840 calories & 82 grams protein	1965 calories & 88 grams protein
Trimester 3	2000 calories & 82 grams protein	2100 calories & 88 grams protein

- Eat for you and NOT for two! Add 340 additional calories a day in your Second Trimester & 450 calories in your Third - think of it as adding a healthy snack instead of eating more all day.
- A pre-pregnancy BMI > 30 increases your risk of Gestational Diabetes so check with your doctor to understand your risk. If you have risk factors for GDM, following a healthy diet & regular exercise is even more important since GDM increases your risk of developing Diabetes after pregnancy.
- Your doctor may recommend a prenatal multi-vitamin to make sure you meet your newly increased needs in micronutrients such as Folic acid, Vitamin D, Iodine & Iron. You should also work on getting what you need from food sources since your body will absorb them better.

Remember that these numbers are estimates and that everyone has different needs based on health, exercise frequency & dietary restrictions. If you have questions about how to customize a plan to optimize your nutrition during your pregnancy, or other health issues, please reach out, I'm here to help!



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POWER TIPS FOR PREGNANCY:

1. **Know your weight.** Get familiar with your recommended weight gain during pregnancy and be mindful of it. It will help you stay healthy & keep you on track for post-baby time.
2. **Protein is queen.** Make sure to get the extra protein your body needs from lean animal sources such as eggs, fish, chicken, & grass-fed beef, or vegetarian sources such as tofu, legumes and nuts.
3. **Healthy carb loading.** Don't avoid carbs when you're pregnant, your body needs them! Sticking with 100% whole grains, whole fruits & vegetables, and legumes will give you what you need without empty calories. Try to steer clear of overly processed snacks and bars as they are often masquerading as health food.
4. **Fat is good.** Monounsaturated & polyunsaturated fats, that is. Your body & your baby needs those healthy fats, so make sure to get them every day and at every meal including olive oil, low-mercury fish, avocado, nuts & seeds.
5. **Be a sugar detective.** It's surprising how many products are hiding added sugar under other names. Make sure you know what you're eating and try to avoid products with unrecognizable ingredients. Keep it simple! Satisfy your sweet tooth with fresh & seasonal whole fruits.
6. **Keep moving.** The recommendations for exercise for every woman is 30 minutes per day, 5 days a week and that doesn't change when you're pregnant. Don't ever do more than you're comfortable with and make sure your doctor has cleared you for exercise. Even taking a daily walk counts and it's something you can do all the way through your pregnancy.
7. **Water, water everywhere.** The Mayo Clinic recommends 10 cups of water per day when you're pregnant to ensure your body has what it needs to support your little passenger. That includes anything non-caffeinated, but try to avoid soda & juices as they are delivering lots of sugar and not much else. Gift yourself the present of a fabulous water bottle & keep it by your side all day.
8. **Avoid the bad stuff.** In your case, the bad stuff is anything uncooked - no sushi, ceviche, unpasteurized milk or cheese, raw eggs or raw meats of any kind. Be aware of which seafood is high in mercury so you know which ones are your go-to's and which are your no-go's!
9. **Rest.** The best thing you can do for your body right now is let it rest. Sleep helps both your digestion & stress level. You may not be in control of your schedule later so now is the time to master the art of getting a good night's sleep. Practice sleep hygiene by staying off your phone for an hour before bed and adjust your phone to the "Night-shift" setting to avoid disrupting your sleep cycle.