



Healthy Tips for Expectant Moms

- Consume an appropriate amount of nutrient dense foods to optimize nutritional status. During pregnancy, you need an additional 300 calories and eight grams of protein per day. This can equate to a turkey sandwich and a glass of milk.
- Include protein at every meal and snack. Good sources of protein include: eggs; nuts; dairy products; beans; meats; soy products
- Include complex carbohydrates (ones that contain fiber) at every meal and snack. Good sources include: beans (great because they also contain protein); whole grains; fruits; vegetables. Aim for at least 25-35 grams of fiber per day
- Focus on foods that contain omega-three fatty acid to enhance brain development in the fetus. Some examples- salmon, flaxseed, tuna, walnuts. A supplement will also provide sufficient omega-3, try Ultimate Omega- two per day.
- Select foods that are high in iron. During pregnancy, blood volume expands and so does your need for iron. Supplementation may be necessary at some point..... foods that contain iron include beef, poultry, spinach, and fortified cereals
- Be sure to get adequate fluids. Aim for at least half of your body weight in ounces. Increase when exercising