

Prenatal Nutrition Guide

"Empowering your body and baby with every bite"

Hey Mama! Let's talk about prenatal foods and what you and your baby need. Now that you're eating for both yourself and your little one, there are some essential nutrients to incorporate into your daily eating habits. I prefer not to use the word "diet" because we're not "dieting"—we're creating healthy habits to help your body provide the best possible environment for your baby to grow!

In this guide, we'll cover the "Do's and Don'ts" of what's safe and unsafe to consume during pregnancy, as well as the nutritional significance of each type of food. Let's get started!

Essential Nutrients ✓

- **Folic Acid:** Essential for preventing neural tube defects.
 - **Sources:** Leafy greens, citrus fruits, beans, and fortified cereals.
- **Iron:** Supports increased blood volume and prevents anemia.
 - **Sources:** Lean meats, spinach, beans, and fortified cereals.
- **Calcium:** Crucial for developing strong bones and teeth in the baby.
 - **Sources:** Dairy products, fortified plant-based milks, leafy greens, and tofu.
- **Protein:** Supports the growth of fetal tissue, including the brain, and the development of breast and uterine tissue.
 - **Sources:** Lean meats, poultry, fish, beans, nuts, and seeds.
- **Omega-3 Fatty Acids:** Important for fetal brain and eye development.
 - **Sources:** Fatty fish (like salmon), flaxseeds, chia seeds, and walnuts.
- **Vitamin D:** Helps with calcium absorption and bone health.

- **Sources:** Fortified dairy and plant-based milks, egg yolks, and sunlight.
- **Fiber:** Prevents constipation and supports digestive health.
 - **Sources:** Whole grains, fruits, vegetables, and legumes.

Prenatal Superfoods 🍌

Leafy Greens: Rich in vitamins and minerals; great for salads, smoothies, and sides.

Berries: High in antioxidants and vitamins; perfect for snacks and desserts.

Whole Grains: Provide fiber and essential nutrients; include oatmeal, quinoa, and brown rice.

Nuts and Seeds: Good sources of healthy fats, protein, and vitamins; great for snacks and adding to meals.

Legumes: Rich in protein, fiber, and iron; versatile for soups, stews, and salads.

Lean Proteins: Chicken, turkey, fish, and plant-based proteins like tofu and tempeh.

Foods to AVOID 🚫

- **High-Mercury Fish:** Avoid fish like shark, swordfish, king mackerel, and tilefish due to high mercury levels; choose low-mercury options like salmon and sardines instead.
- **Undercooked or Raw Foods:** Avoid raw fish, eggs, and undercooked meats to reduce the risk of foodborne illness during pregnancy.
- **Unpasteurized Products:** Stay away from unpasteurized milk, cheeses, and juices to prevent exposure to harmful bacteria.
- **Caffeine and Alcohol:** Limit caffeine to 200 mg per day and avoid alcohol entirely to protect your baby's development.

Choosing the right foods during pregnancy is key to nurturing both your body and your baby's development. By focusing on essential nutrients and incorporating superfoods into your diet, you can provide a strong foundation for your baby's growth and your well-being. Remember to avoid certain foods that could pose risks and practice mindful eating to ensure a balanced and healthy pregnancy. With these guidelines, you're creating the best possible environment for your baby to thrive.

Prenatal Supplements

Why Prenatal Supplements Are Important:

While a balanced diet provides most of the essential nutrients needed during pregnancy, prenatal supplements help fill any nutritional gaps to ensure both you and your baby receive adequate nutrition. Certain nutrients, like folic acid and iron, are especially important during pregnancy and may be difficult to obtain in sufficient amounts through diet alone. Prenatal supplements are designed to support your health and your baby's development, reducing the risk of birth defects and pregnancy complications.

Top Brands:

- ☐ Nature Made Prenatal Multivitamin Folic Acid + DHA
- ☐ Vitafusion Prenatal Supplement
- ☐ New Chapter Advanced Perfect Prenatal Multivitamins
- ☐ Nordic Naturals Prenatal DHA
- ☐ Garden of Life Organics Prenatal Vitamin
- ☐ Pink Stork Liquid Prenatal
- ☐ Ritual Essential Prenatal Multivitamin

Hydration Is key

Staying hydrated during pregnancy is crucial for both you and your baby's health. Proper hydration helps maintain the increased blood volume needed to support your baby's growth, aids in digestion, reduces the risk of constipation and urinary tract infections, and helps regulate your body temperature. Aim to drink at least 8-10 cups of water a day, and consider methods such as carrying a water bottle, setting regular reminders, drinking water-rich foods like fruits and vegetables, and choosing hydrating beverages like herbal teas or infused water to help maintain adequate hydration throughout your pregnancy.

Now that we've covered all things essential and nutritious for a healthy pregnancy, let's gather a grocery list for easy reference!

Prenatal Grocery List: Essential Foods for a Healthy Pregnancy

Fruits and Vegetables

- ☐ Leafy Greens (spinach, kale, chard)
- ☐ Berries (Blueberries, strawberries)
- ☐ Citrus Fruits (Oranges, grapefruits)
- ☐ Avocados
- ☐ Sweet potatoes
- ☐ Broccoli and Brussels sprouts
- ☐ Bell peppers
- ☐ Carrots
- ☐ Tomatoes
- ☐ Cucumbers
- ☐ Apples and pears
- ☐ Bananas
- ☐ Peaches and plums

Proteins

- ☐ Lean meats (chicken, turkey, lean beef)
- ☐ Fish (salmon, sardines, trout)
- ☐ Eggs (preferably pasture-raised)
- ☐ Tofu and tempeh
- ☐ Beans (black beans, chickpeas, lentils)
- ☐ Nuts (almonds, walnuts)
- ☐ Seeds (chia seeds, flaxseeds)
- ☐ Greek yogurt (unsweetened)
- ☐ Cottage cheese (low-fat, pasteurized)
- ☐ Chicken breast
- ☐ Edamame
- ☐ Lean ground turkey
- ☐ Canned fish (tuna in water, low-mercury)

Whole Grains and Legumes

- ☐ Quinoa
- ☐ Brown rice
- ☐ Oatmeal
- ☐ Whole grain pasta
- ☐ Barley
- ☐ Lentils
- ☐ Black beans
- ☐ Whole wheat bread
- ☐ Farro
- ☐ Bulgur wheat
- ☐ Split peas
- ☐ Whole grain tortillas
- ☐ Buckwheat

Herbal Teas

- ☐ **Red Raspberry Leaf Tea:** Known for its ability to help tone the uterus, which may contribute to more efficient contractions during labor. ⚠️Recommended not to drink until at least **32 weeks**
- ☐ **Nettle Leaf Tea:** Rich in iron, calcium, and vitamins A, C, and K, which support overall health during pregnancy.
- ☐ **Ginger Tea:** Helps alleviate nausea and morning sickness, especially in the first trimester.