

# Demetria Clark Doula Services

## Prenatal Nutrition News



### Pregnancy Weight Gain

In order to have a baby, we need to gain weight.

Some women worry a lot about weight gain and some not at all. All women no matter their size need to gain weight to make a healthy baby.

The following are some suggested weight gain guidelines. Some women are going to gain more or less than what is listed. Your care provider will know how much is too much or to little for you.

**Normal Weight**– 35-45 pounds.

**Overweight**– 25-35 pounds

**Underweight**– 35-50 pounds

**Twins**– 45-50 pounds

These weights are only guidelines and some mother will gain more or less that what is listed.

Proper nutrition helps to ensure a healthy pregnancy and a health baby. Remember when you eat you are now eating for the health of two people. Eating quality grains, vegetables and proteins will help mother and baby to have a healthier start on their new journey.

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### Iron ?? How much do I need?

Iron needs increase in pregnancy. Women should receive 30 mg of Iron a day. Some Iron Rich food are:

- Brown rice, 1 cup cooked 0.8
- Whole wheat bread, 1 slice 0.9
- Wheat germ, 2 tablespoons 1.1
- English Muffin, 1 plain 1.4
- Oatmeal, 1 cup cooked 1.6
- Cream of Wheat, 1 cup 10.0
- Pita, whole wheat, 1 slice/ piece, 6 1/2 inch 1.9
- Spaghetti, enriched, 1 cup, cooked 2.0
- Sunflower seeds, 1 ounce 1.4
- Soy milk, 1 cup 1.4
- Kidney beans, 1/2 cup

- canned 1.6
- Chickpeas, 1/2 cup, canned 1.6
- Tofu, firm, 1/2 cup 1.8
- Soy burger, 1 average 1.8 to 3.9\*
- Broccoli, 1/2 cup, boiled 0.7
- Green beans, 1/2 cup, boiled 0.8
- Lima beans, baby, frozen, 1/2 cup, boiled 1.8
- Beets, 1 cup 1.8
- Peas, 1/2 cup frozen, boiled 1.3
- Potato, fresh baked, cooked w/skin on 4.0
- Vegetables, green leafy, 1/2 cup 2.0
- Watermelon, 6 inch x 1/2 inch slice 3.0
- Blackstrap Molasses, one

- tablespoon 3.0
- Dates or Prunes, 1/2 cup 2.4
- Beef, Pork, Lamb, three ounces 2.3 to 3.0
- Liver (beef, chicken), three ounces 8.0 to 25.0
- Clams, Oysters 3/4 cup 3.0
- Dark meat Turkey 3/4 cup 2.6
- If you choose to use an iron supplement the following types are the best absorbed Ferrous fumarate, Ferrous gluconate, and ferrous citrate.



# Calcium



Calcium is important in pregnancy because the parathyroid hormone levels tend to rise and extract calcium from the bones, decreasing the loss of calcium from the kidneys. Over the last three months of pregnancy mother supplies of 25g of calcium daily. The diet must provide 1.2-1.5 grams of calcium to meet daily demand. If supplementation is needed use a

supplement that has calcium citrate and carbonate. Make sure that you get outside for 20-30 minutes a day, everyday. Vitamin D will assist in the absorption of calcium. Vitamin D in it's simplest form comes from the sun. Some Calcium Rich food are:  
Milk  
Cheese  
Kale

Spinach  
Soymilk  
Tofu (fortified)  
Mustard Greens  
Beans, pinto, kidney, white, and navy.  
Almonds  
Almond Butter  
Chinese Cabbage  
Figs  
Turnip Greens and Tahini.



*When you eat you nourish your baby, so remember to take care with what you eat...*

# Vitamin C

Vitamin C, also known as ascorbic acid, is essential for tissue repair, wound and bone healing, and healthy skin. Vitamin C also helps your body fight infection. Both you and your baby need this vitamin daily — it's the cementing agent that holds new cells to-

gether. It helps your baby grow and builds strong bones and teeth. And it helps your body absorb iron. Try to include a vitamin C-rich food with every meal to get the most iron out of the other foods you eat. Some Vitamin C rich foods are:

Citrus Fruit  
Strawberries  
Broccoli  
Papaya  
Beet Greens  
Tomato  
Mango  
Citrus Juices



# What to eat?

When eating for two, remember to eat a diverse selection of whole foods. The more color in your diet the better.

Why does color matter? The more color the

more bioflavonoids, vitamin and minerals you are consuming.

Limit sugars and if possible completely avoid sugar drinks like sodas, sweetened tea and smoothie drinks. We drink a lot of sugars

without realizing it. Try to eat more whole grains and quality carbohydrates like brown rice, whole wheat bread, beans and lots of greens. It is also good to try to eat something new once a week. This will add diversity to you food choices and be fun!

## Protein

The amino acids that make up protein are the building blocks of your body's cells, and of your growing baby's body as well. You'll want to make sure you're getting enough protein throughout your pregnancy, but especially during the second and third trimesters, when your baby is growing the fastest and your breasts and other organs are getting bigger to accommodate the needs of your growing baby.

During your pregnancy you should be getting about 70

grams of protein per day (the equivalent of two glasses of milk, a chicken breast, and 2 cups of yogurt, for example), which is about 25 grams more than you needed before pregnancy. Increased protein needs in pregnancy are usually met simply by the extra calories from more foods. Protein can be found in milk, cheese, eggs, soya milk, tofu, cereals, nuts and pulses. A normal variety of these foods will provide adequate protein.

### Protein Rich Foods

Meat, Fish, Chicken, Turkey

Soybeans	
Dairy	
Grains	
Nuts	
Seeds Beans	
1/2 Chicken Breast (3.5 oz)	30
Peanuts ( 28 nuts.)	7.0
1 Carrot	0.4
Bread (2 slices)	7.0
1 Apple	0.3
Baked beans (8 oz)	11.5
Hard cheese (1 oz)	6.8
Tofu (5 oz)	10.3
Oatmeal (1 cup)	5.9
Cow's milk (1 cup)	9.2
Brown rice (1 cup)	5.0
Soy milk (1 cup)	8.2
Potatoes (1)	4.3
Egg, boiled	7.5
Broccoli (1 cup)	2.6

## Folic Acid

Folic acid is a B vitamin. It is used in our bodies to make new cells. If a woman has enough folic acid in her body before she is pregnant, it can help prevent major birth defects of her baby's brain and spine. These birth defects are called neural tube defects or neural tube defects. Women need to take folic acid every day starting before they are pregnant to help prevent Neural tube

defects.

The CDC and the U.S. Public Health Service urge every woman who could become pregnant to get 400 micrograms (400 mcg) of synthetic folic acid every day.

### Food Rich in Folic Acid

1/2 cup cooked lentils: 179 mcg

1 cup boiled collard greens: 177 mcg

1/2 cup canned chickpeas: 141 mcg

1 medium papaya: 115 mcg

1 cup cooked frozen peas: 94 mcg

4 spears steamed or boiled asparagus: 88 mcg

1/2 cup steamed broccoli: 52 mcg

1 cup strawberries: 40 mcg

1 medium orange: 39 mcg

## Fluids

Make sure that you drink enough fluids.

Some great fluids to drink are water, fresh juices and herbal teas.

One way you can assess your water intake is take a 2 quart container, fill it with water and see how

much you drink a day.

Drink your normal amount of water and see how much is left.

The next day, try to drink more, do this each day until you are almost drinking or drinking 2 quarts of water a day.

Try to abstain from sodas, drink blends and diet soda, all are dehydrating and provide your body with empty calories, chemicals and sugars.

## Vitamin B 12

Vitamin B12 is needed to prevent anemia. It aids folic acid in regulating the formation of red blood cells, and helps in the utilization of iron. This vitamin is also required for proper digestion, absorption of foods, the synthesis of protein, and the metabolism of carbohydrates and fats. It aids in cell formation and cellular longevity. In addition, vitamin B 12 prevents nerve damage, maintains fertility, and promotes normal growth and development by maintaining the fatty sheaths that cover and protect nerve endings. Vitamin B12 is linked to the production of acetylcholine, a neurotransmitter that assists memory and learning.

Strict vegetarians (vegans) must remember that they require vitamin B12. Suggestions to vegans are to take a supplement of Vitamin B 12.

## Pregnancy Supplements

Sometimes getting all of our nutrition from food still leaves us lacking and you may choose to use a supplement. Some pregnancy supplements are:

Folic Acid-4 mg per day

Iron- Ferrous fumarate, Ferrous gluconate, and ferrous citrate types are the best types to use.

Calcium- The U.S. RDA (recommended daily allowance) for pregnant women is 1200 mg, which is sufficient to meet both the maternal and fetal needs.

Vitamin D -Vitamin D is necessary for the absorption of calcium and is important for normal bone growth. Women with a low intake of vitamin D-fortified milk and minimal exposure to sunlight should take a daily supplement (10 mcg).

The U.S. National Academy of Science recommends a vitamin and mineral supplement that contains the following:

- 30 mg iron
- 15 mg zinc
- 2 mg copper
- 250 mg calcium (600 mg for women younger than age 25 and for those whose daily

intake of calcium is less than 600 mg)

- 2 mg vitamin B6
- 3 mg folate
- 5 micrograms vitamin D (10 micrograms for women who do not drink vitamin D-fortified milk, have minimal exposure to sunlight, or are vegan)
- 2 micrograms of vitamin B12 for women who are vegan

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