

Nutrition in pregnancy

If your BMI is ____, you should gain ____ in the pregnancy

Body mass index (BMI) <18.5 (underweight) – weight gain 28 to 40 lbs; 1 to 4 lbs over the first trimester and about 1 lb/week thereafter

BMI 18.5 to 24.9 (normal weight) – weight gain 25 to 35 lbs; 1 to 4 lbs over the first trimester and about 1 lb/week thereafter

BMI 25.0 to 29.9 (overweight) – weight gain 15 to 25 lbs; 1 to 4 lbs over the first trimester and about 0.5 lb/week thereafter

BMI \geq 30.0 (obese) – weight gain 11 to 20 lbs; 1 to 4 lbs over the first trimester and about 0.5 lb/week thereafter

- Women who are pregnant should eat plenty of fruits and vegetables as well as whole grains, low-fat dairy, and a variety of proteins. The exact amount of foods from each food group (ranges provided below) needed by a woman depends on her pre-pregnancy body mass index (BMI), activity level, age, and trimester. It is important for pregnant women to choose foods that are nutrient-dense (foods that contain high levels of important nutrients compared with the amount of calories, such as fruits and vegetables, nuts/nut butters, yogurt) to meet the higher nutrient requirements in pregnancy without exceeding caloric needs.
- In the first trimester of pregnancy, women typically do not need to increase their caloric intake. In the second and third trimesters, most women will need to increase their caloric consumption to promote appropriate weight gain. On average, women need only approximately 340 and 450 additional kcal/day in the second and third trimesters, respectively.
- Most pregnant women in the second and third trimesters will require between 2200 and 2900 cal/day (on the lower range if you are shorter and less physically active, and on the higher end if you are taller and physically active). The ranges of number of servings for each food group needed to meet these caloric requirements (2200 to 2900 kcal/day) are:

Fruits: 2 to 2.5 cups

Vegetables: 3 to 3.5 cups

Grains: 6 to 10 ounces

Protein: 6 to 7 ounces

Dairy: 3 cups

- Protein - Pregnant women need 1.1 g/kg/day protein. For a 150lb woman, that is 75g protein per day. If you cannot get near this eating “real food”, you can use protein bars and shakes, but it is better not to.
- Carbohydrate — Carbohydrate (aka pasta, rice, bread, sugar) max 175 g/day in pregnancy. The focus should be on whole foods (fruits, vegetables, and whole grains), and highly processed carbohydrates should be minimized to help manage weight gain. Fiber intake of 28 g/day is recommended for pregnant women.
- Be sure to drink at least 2L of water per day
- It can be helpful to log all your food and exercise into a calorie tracker for a few days- it will help you see if you are eating the correct amount of calories
- Vegetarian diets that are well-balanced are similar to well-balanced omnivore diets in that they meet most nutrient goals except for iron, vitamin D, vitamin E, and choline. Additional potential nutrients of concern, particularly for vegans, are calcium, vitamin B12, and essential n-3 fatty acids. Dietary deficiencies can usually be resolved with minor dietary alterations or supplements. For example, fortified vegetarian/vegan food products are now widely available and include some nondairy milks (such as fortified soy beverages), meat analogs, and breakfast cereals.

Great website about protein in vegetation and vegan diet: <http://www.vrg.org/nutrition/protein.php>

Table 1: Sample Menus Showing How Easy It Is To Meet Protein Needs

		Protein (grams)
Breakfast:	1 cup Oatmeal	6
	1 cup Soy Milk	7
	1 medium Bagel	10
Lunch:	2 slices Whole Wheat Bread	7
	1 cup Vegetarian Baked Beans	12
Dinner:	5 oz firm Tofu	12
	1 cup cooked Broccoli	4
	1 cup cooked Brown Rice	5
	2 Tbsp Almonds	4
Snack:	2 Tbsp Peanut Butter	8
	6 Crackers	2

TOTAL

77 grams