

## General Nutrition Guidelines for Pregnancy

- If you are normal weight before pregnancy you should gain about 25 to 35 pounds during pregnancy. In order to do this, you do not need to be eating for two people.
- Drink plenty of fluids, 8-10 glasses per day, water is best; avoid fruit juices and soda as they contain large amounts of sugar.
- Do not consume alcohol; no safe level of alcohol consumption has been determined.
- Caffeine may be consumed but limit it to 1-2 cups of coffee per day or the equivalent.
- Do not consume raw fish, meat, or eggs
- Heat deli meats thoroughly before consumption; packaged deli meats are OK to eat cold.
- Wash fruits and vegetables thoroughly.
- Avoid fish containing high levels of mercury; see the next page for details.
- You may eat up to 12 ounces per week of fish containing small amounts of mercury such as light tuna, shrimp, salmon and catfish. Consumption of albacore tuna should be limited to 6 ounces per week.
- Include iron rich foods in your diet; dried fruit, iron fortified cereals and breads, spinach, broccoli, beans and peas to increase your iron stores and reduce the risk of anemia.
- Include fiber rich foods in your diet; raw fruits and vegetable, bran cereals to help avoid constipation.
- Make certain you are getting enough calcium in your diet, the recommended amount of calcium for pregnant women is 1300mg per day. Calcium can be found in dairy foods, almonds, fortified orange juice and green leafy vegetables.
- Avoid herbal supplements.
- Avoid unpasteurized milk and juices and any foods made from it, for example, soft cheeses such as Brie, Roquefort, Camembert or smoothies made at juice bars