Pregnancy Nutrition Therapy

Why was Nutrition Therapy Prescribed?
This meal plan has been designed to help you stay healthy during your pregnancy.

Food Recommended
Take your prenatal vitamin with a meal to help improve absorption and tolerance.

In addition, the following foods are recommended from MyPyramid:
- Consume a wide variety of food from all the food groups.
- Select cereals and bread products that are fortified with iron. These, along with your prenatal vitamin, will meet the needs of pregnancy.
- At least one serving of vegetables should be high in vitamin C. Examples of foods would include:
  - Oranges
  - Orange juice
  - 100% fruit juice that is fortified
  - Broccoli
  - Green leafy vegetables
  - Most melons
- At least one serving of fruits, vegetables, or grains high in folic acid (folate). Examples of foods would include:
  - Leafy dark green vegetables
  - Dried beans and peas
  - Citrus fruits and juices
  - Most berries
  - Fortified ready-to-eat cereals and cereal bars
- At least one serving of fruits or vegetables high in vitamin A. Examples of foods would include:
  - Leafy dark green vegetables
  - Orange vegetables and fruits
  - Tomatoes and tomato products
- Fiber-containing foods help prevent constipation. Examples of foods would be:
  - Whole grain cereals and bread products
  - Fruits and vegetables
  - Cooked dried beans and peas
As you can see, many of the same foods contain all these nutrients, so you will not have to consume large amounts or excessive servings of food. With careful planning, you should be able to get all the nutrients that you will need for pregnancy from your food and prenatal vitamin.

**Fitness for Two:** [http://www.marchofdimes.com/professionals/14332_1150.asp](http://www.marchofdimes.com/professionals/14332_1150.asp);
**Folic Acid Fortification:** [http://www.cfsan.fda.gov/~dms/wh-folic.html](http://www.cfsan.fda.gov/~dms/wh-folic.html).

### Foods Not Recommended

<table>
<thead>
<tr>
<th>Food Recommended</th>
<th>Foods Not Recommended</th>
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<tbody>
<tr>
<td>Beverages</td>
<td>Alcohol</td>
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<td></td>
<td>Excessive caffeine</td>
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<td>Limit consumption of herbal teas</td>
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<tr>
<td>Meat, poultry, or fish</td>
<td>Raw or uncooked meets, fish, poultry, or eggs</td>
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<td></td>
<td>All other fish should be limited to 12oz or less per week. This includes canned tuna.</td>
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<td>Shark</td>
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<td>Swordfish</td>
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<td>King mackerel</td>
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<td>Tilefish</td>
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<td>Milk and dairy products</td>
<td>Raw or unpasteurized cheeses or dairy products such as soft cheeses like feta or brie, blue cheese, and Mexican-style cheeses</td>
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</tbody>
</table>

**Sources:**

- **Protect Your Baby and Yourself from Listeriosis:** [http://www.fsis.usda.gov/Fact_Sheets/Protect_Your_Baby/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Protect_Your_Baby/index.asp)
- **An Important Message for Pregnant Women and Women of Childbearing Age Who May Become Pregnant About the Risks of Mercury in Fish:** [http://www.cfsan.fda.gov/~dms/admehg.html](http://www.cfsan.fda.gov/~dms/admehg.html)
- **Keep Your Baby Safe:** [http://www.cfsan.fda.gov/~dms/listeren.html](http://www.cfsan.fda.gov/~dms/listeren.html)

Other items to avoid:
- Tobacco
- Herbal remedies or supplements
- Vitamin/mineral supplements other than those recommended or prescribed by your doctor, nurse, practitioner, or midwife.