



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Nutrition During Pregnancy

By Rebecca Pugh

These are the general requirements for daily dietary intake while pregnant:

- A total of about 2,400 calories
- 4 servings equaling about 75-100 grams of protein
- 2 servings of Vitamin C rich foods
- 4 servings of Calcium rich foods
- 3 servings of green leafy vegetables and yellow fruits and vegetables
- 1-2 servings of other vegetables and fruits
- 4-6 servings of whole grains and other complex carbohydrates
- some iron rich foods daily
- 2 servings of high fat foods
- salt to taste
- 6-8 glasses of water per day, in addition to juices or teas
- supplements should include an herbal pregnancy tea with red raspberry leaf, a wholesome prenatal vitamin, calcium/magnesium, and any other herbs you find useful during pregnancy

Keys to Optimal Nutrition:

- Get as many of your vitamins and minerals from food sources.
- Do not overcook vegetables, steaming until they soften but do not lose their vibrant color is ideal.
- Try new foods and eat a wide variety of foods.
- Let your intuition guide you, if you were a vegetarian but your body says it needs meat, go for it!
- Pay attention to how you feel (physically and emotionally) before and after you eat certain foods.
- Never allow yourself to be “starving”. Carry snacks with you wherever you go!
- Eat organic or all-natural products when possible. Choose whole foods, not processed.
- Avoid the “whites”: white sugar, white flour, white rice, and anything prepared with them.



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Nutrition During Pregnancy (continued)

What You Need and How to Get It:

- Protein: dairy products, meat, fish or chicken, soybean products, nut butters
- Carbohydrates: whole grains like brown rice, whole wheat and oats; starchy vegetables like potatoes, squash, and beets
- Fats: nuts, butter, dairy, vegetable oils, flax seeds
- Vitamin A: yellow and orange fruits, carrots, egg yolks, yellow dock, red raspberry leaf
- Vitamin B-Complex...
- B1: whole grains, peas, bananas, avocados, and dandelion
- B2: cottage cheese, leafy greens, organ meats
- B6: blackstrap molasses, salmon, wheat bran and germ
- B12: dairy products and meat, tempeh, miso, and nutritional yeast
- Folic Acid: eggs, lentils, nuts, raw green, leafy vegetables
- Vitamin C: strawberries, citrus, alfalfa sprouts, cantaloupe
- Vitamin D: fatty fish, grazed cows milk, egg yolks
- Vitamin E: eggs, wheat germ, legumes, oils
- Calcium: almonds, dairy products, salmon, blackstrap molasses
- Iron: raisins, figs, cherries, red meat, dried beans, prunes
- Iodine: sea salt, fish, sea vegetables, watercress
- Phosphorus: alfalfa, dandelion, red raspberry
- Zinc: herring, nuts, beef, turkey, chicken, seeds
- Sodium: sea salt
- Essential Fatty Acids: tuna, cod, avocados, walnuts, evening primrose oil

Special Considerations for Vegetarians and Vegans:

- Main concern is getting enough protein or calcium if dairy is not eaten. Dark green vegetables must be plentiful if there is no dairy in the diet. Hard cheeses, goat's milk cheese and yogurt and dairy yogurt are recommended.
- Food combining is essential for the pregnant vegetarian to receive the complete proteins and B complex required. Combine grains with beans, such as black beans and rice or barley and lentil soup. Combining grains with dairy products such as a quinoa chowder with feta cheese and vegetables. Nuts or seeds may be combined with beans or legumes such as a fresh pesto with walnuts, pine nuts, basil, and white beans.
- Complete proteins may be reached by eating...macaroni and cheese, granola, tofu spread on toast, or whole wheat bread with peanut butter. Dairy foods are complete proteins.
- Be a great vegetarian. Eat a wide array of foods to get the nutrients you need. Don't fill up on empty calories such as fruit juices and try to avoid processed foods completely.