



Supporting the birth that is right for you!

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## How to have Optimal Health in Pregnancy

*By Rebecca Pugh*

- Eat A Diverse Diet-with an emphasis on fresh greens, sprouted grains and seeds, whole grains, and fresh fruits and vegetables.
- Eat Locally Grown Organic Foods when available.
- Try to drink a gallon of water a day, that is 4-32 ounce bottles!
- Salt to taste to encourage proper blood volume expansion.
- Exercise and stretch regularly and balance with enough rest.
- Supply your body with necessary vitamins, minerals, enzymes, and amino acids each day, preferably from food and herbal sources, using supplements when necessary.
- Supply your body with enough Folic Acid before and during pregnancy: sources include orange juice and
- Eat foods rich in Omega 3, 6 & 9 fatty acids for baby's brain development: sources include vegetable oils, eggs, meat, dairy, fish, walnuts and flaxseed.
- Reduce stress, address problems with communication! Ask for help...you are growing a baby!
- Reduce exposure to toxins in your work and living environment by using natural products when available. Avoid painting and hazardous cleaning or finishing products. Have someone else change the litter box for your cat.
- Eat whole foods that are nutrient rich and avoid empty calories from refined foods.
- Avoid preservatives, additives, colorings, and bleaches in your food.
- Avoid the whites! White flour, white sugar and white rice have no nutritional value. Whole grains are better, think brown!
- Take your supplements, herbs work! Use what works to treat discomforts naturally, enjoy pregnancy!
- Depending on your size you should be getting roughly 75-90 grams of protein per day and 2,400 calories. It is a full time job feeding yourself and your baby.