

EATING WHILE PREGNANT

COUNT YOUR CALORIES

You're "eating for two" when you're pregnant, but that doesn't mean you should be eating twice as many calories as you normally eat.

MOST WOMEN CAN FOLLOW THESE GENERAL CALORIE GUIDELINES:

First trimester (0-12 weeks):
No extra calories needed.

Second trimester (13-26 weeks):
Take in about 340 extra calories a day.

Last trimester (26+ weeks):
Consume about 450 extra calories a day.

AVOID THESE FOODS

These foods may have bacteria in them that can hurt your baby.

STAY AWAY FROM:

- ⊗ Soft, non-pasteurized cheeses like feta, Brie and goat cheese
- ⊗ Prepared salads like ham salad, egg salad or chicken salad
- ⊗ Raw sprouts, including alfalfa, clover, radishes and mung bean sprouts
- ⊗ Non-pasteurized milk or juice

EAT HEALTHY

A diet made up of a variety of vegetables, fruits, whole grains, low-fat dairy and high-protein foods is healthy for you whether you're pregnant or not. It's also healthy for your developing baby.

CHECK YOUR FOOD LABELS

| | |
|---------------------------|------------------------|
| Be sure to get plenty of: | Avoid high amounts of: |
| Protein | Saturated fat |
| Iron | Sodium |
| Folic acid | Added sugar |
| Iodine | |
| Calcium | |

BE CAUTIOUS WITH SEAFOOD

Seafood has healthy fats, but some fish are high in mercury and should be avoided. Mercury can harm your brain, heart, kidneys, lungs and immune system. It can interfere with your developing baby's nervous system, too.

BEST OPTIONS

These choices are lower in mercury, so you can eat 8 to 12 ounces a week.

| | |
|-------------------|---------|
| Canned light tuna | Salmon |
| Catfish | Shad |
| Cod | Shrimp |
| Herring | Tilapia |
| Oysters | Trout |

FISH TO AVOID

These fish are high in mercury, and should be completely avoided.

| | |
|---------------|-----------|
| Bigeye tuna | Shark |
| King mackerel | Swordfish |
| Marlin | Tilefish |
| Orange roughy | |

HEAT YOUR MEAT

Deli meats are already cooked, but they can contain Listeria, a dangerous bacteria. If you eat these meats, first heat them to at least 165 degrees Fahrenheit to be sure any Listeria has been killed off.

| | |
|--------------------------------|--------------------------|
| Cold cuts and other deli meats | Fermented or dry sausage |
| Hot dogs | Smoked seafood |

All meat, including seafood, poultry and eggs, should be fully cooked – not raw or undercooked – to be sure they have no bacteria that could make you sick or harm your baby.

WATCH WHAT YOU DRINK

NO AMOUNT OR TYPE OF ALCOHOL IS SAFE TO DRINK WHILE PREGNANT.

If you're a tea or coffee drinker, you will need to go with decaf. Caffeine during pregnancy has been linked to smaller birth sizes.

 **OSF HEALTHCARE**