

# PRENATAL NUTRITION TIPS – OB15

- Eat smaller meals more frequently (6 meals a day, instead of the typical 3)
- Drink plenty of nutritious fluids—NOTHING beats pure distilled water. 3 quarts to a gallon daily should be your goal.
- Salt to taste, but not in excess.
- Avoid refined foods and sugars. Even be cautious of too much natural sugar.
- Avoid any artificial sweeteners and any food that claims to be fat-free.
- Eat at least one green salad (not iceberg lettuce) every day.
- Do not concern yourself with weight gain. Pounds are not what is important, eating healthily is! If you are eating well for your baby, meeting your dietary needs and you gain 30 pounds or 70 pounds, you are doing super. Every woman will gain differing amounts of weight depending on her body and pre-pregnancy size.

## Calcium Rich Foods

It is tremendously important to be sure to get enough calcium daily. Cow's milk is the worst source of calcium available. So here is a list of good and healthy calcium sources for the type of calcium a pregnant or lactating woman needs!

| Food                                 | Serving Size | MG. Calcium |
|--------------------------------------|--------------|-------------|
| White Cheddar Cheese                 | 4 oz.        | 815         |
| Ricotta Cheese (part-skim)           | 1 cup        | 669         |
| Nonfat Yogurt                        | 1 cup        | 452         |
| Sardines (Atlantic-canned w/bones)   | 4 oz.        | 432         |
| Goat's Milk                          | 1 cup        | 400         |
| Sockeye Salmon (canned w/bones)      | 4 oz.        | 271         |
| Spinach (cooked from fresh)          | 1 cup        | 244         |
| Soy flour                            | 1 cup        | 175         |
| Almond butter                        | ¼ cup        | 168         |
| Beet Greens (cooked from fresh)      | 1 cup        | 165         |
| Bok Choy Cabbage (cooked from fresh) | 1 cup        | 158         |
| Cottage Cheese (low-fat, 2%)         | 1 cup        | 155         |
| Black Strap Molasses                 | 1 Tbsp.      | 137         |
| Hummous                              | 1 cup        | 124         |
| Tofu (soybean curd, regular)         | 4 oz.        | 118         |
| Acorn squash (baked-mashed)          | 1 cup        | 108         |
| Almonds (dried-whole)                | ¼ cup        | 94          |
| Oysters (simmered eastern)           | 1 cup        | 89          |
| Sesame butter (Tahini)               | ¼ cup        | 84          |
| Whole figs (dried)                   | 3            | 80          |

## Folic Acid Rich Foods

It is also important to be sure to get enough folic acid daily. A pregnant woman needs a minimum of 800 mcg. Folic acid. Most prenatal vitamins have that much, but you can take up to 1,200 mcg. Folic helps to prevent stem cell problems.

| Food                    | Serving Size | mcg Folic |
|-------------------------|--------------|-----------|
| Wheat germ              | 1 cup        | 474       |
| Nutritional yeast       | 1 Tbsp.      | 313       |
| Dried beans, cooked     | 1 cup        | 282       |
| Spinach, cooked         | 1 cup        | 262       |
| Liver, cooked           | 3 oz.        | 187       |
| Avocado                 | 1 cup        | 142       |
| Citrus and citrus juice | 1 cup        | 109       |
| Sunflower seeds         | ¼ cup        | 85        |
| Cantaloupe              | ½            | 80        |
| Peanuts                 | 1 oz.        | 30        |