

Diet and Nutritional Recommendations for Pregnancy

AVOID:

Foods with ingredient lists of >8 things, or with primarily chemical ingredients

High mercury fish (shark, tile fish, swordfish, king mackerel, sashimi grade tuna, etc.)

- **Monterey Bay Aquarium website has good list of recommendations**
<https://www.seafoodwatch.org/seafood-recommendations>
- **EPA-FDA Seafood Recommendations**
- <https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish>
- **Environmental Working Group list of high mercury fish**
<https://www.ewg.org/consumer-guides/ewgs-consumer-guide-seafood>

Raw oysters and other shellfish (cooked are a good option)

Raw milk/raw milk cheese (primarily imported soft cheeses) - the majority of cheeses in America are not raw milk based

Alcohol- no safe limit has been established

Unpasteurized juices (usually from farm stand-type locations, but may be found in produce section of grocery store)

Raw eggs/raw egg-containing products

“Keto”-type diets; during an uncomplicated pregnancy 100-175 grams of carbohydrates/day should be a goal.

Limit to a few times, or less, per month:

Potato based options (baked, mashed, roasted, French fried, boiled, etc.)

“White stuff”- white/cane/brown sugar, “pancake” syrup, white flour based baked goods, pastas, white rice. All are highly processed.

Deli meat/hot dogs- choose good quality products, preferably nitrite-free; consider heating thoroughly prior to consuming

High sugar desserts; junk food

Soft drinks/cokes/sodas/pop

Juices

Cereals, including instant oatmeal and grits. Steel cut-type oatmeal is a better choice.

Limit exposure to Trans fats

Caffeine 200 mg /day

Focus on These

You need only an additional 300 Cal per day to support pregnancy; 500 Cal/day for breastfeeding.

Focus on whole foods rather than processed. If the shelf life is longer than your life expectancy, avoid it.

Fruits in moderation- 1-3 servings per day; fewer dried fruits compared to fresh

Non-starchy Vegetables- 3-6 servings per day

Proteins- try to get 75 grams/day; may be meats, dairy, eggs, nuts, lentils/beans, higher protein grains

Dairy products- full fat as opposed to “fat free”, “low fat”, “skim”

Whole grain products (but avoid overly processed stuff that proclaims all of its “benefits” with bright flashy, eye catching labels)

Fat and cholesterol are fine; they are required to grow brain/nerves.

Water intake- 10-12 cups/day (80-96 oz.); more if active/exercising or in heat

Wash fruits and vegetables, as well as cutting boards and hands, well to minimize risks of food poisoning

Good Sources of Information:

<https://medlineplus.gov/pregnancyandnutrition.html>

<https://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy>

https://www.foodsafety.gov/risk/pregnant/chklist_pregnancy.html

<https://www.acog.org/womens-health/faqs/healthy-eating>

<https://www.myplate.gov/life-stages/pregnancy-and-breastfeeding>

<https://www.who.int/tools/elena/overview>