

Increased Nutrient Needs for Pregnancy

How to eat a little more ... and a lot smarter

CALORIE needs increase approximately 300 calories per day

- Overall, it takes about 80,000 calories to make a baby!! After the first three months, pregnant women need about 300 extra calories each day for a healthy weight gain.
- Translated into nutrient-dense, baby-building food choices, 300 extra calories equals:
 - Bowl of whole grain cereal (cold or hot), 8 oz. of fat-free milk and a banana
 - Baked potato topped with 1 oz. grated mozzarella cheese and broccoli
 - Lean roast beef or turkey (2 oz.) on whole wheat bread with lettuce and tomato
 - Trail mix of nuts (1 oz.), dried fruit (2 oz.) and breakfast cereal (1 oz.)
 - Peanut butter (2 tablespoons) spread on apple slices or celery sticks

PROTEIN needs increase 10 grams per day to 60 grams total

- Throughout a pregnancy, protein is probably the most important nutrient. Women need an extra 10 grams of protein a day for the growing baby and their own bodies.
- Dairy products, lean meat, poultry, fish, eggs, legumes (dried beans and peas), seeds and nuts all provide protein and other power nutrients for a healthy pregnancy.
- Here are some quick and easy ways to pump up your protein intake.
 - One 8-ounce glass of milk = 8 grams of protein; 1-ounce cheese = 7 grams
 - Each ounce of lean beef, pork, poultry or fish = 6 to 7 grams of protein
 - One egg = 6 grams of protein
 - One-half cup of legumes (beans, lentils or peas) = 6 to 7 grams of protein
 - One-ounce (small handful) of nuts = 4 to 6 grams of protein
 - Two tablespoons of peanut butter = 4 to 5 grams of protein

IRON needs increase 9 milligrams per day to 27 milligrams total

- Women need plenty of iron for the extra three pounds of blood they produce during a healthy pregnancy. Getting too little iron increases that risk of low-birth weight babies and pre-term deliveries. That's why most health providers suggest iron supplements.
- Eating iron-rich foods, like lean beef and fortified breakfast cereal, is also important.

FOLATE needs increase 200 micrograms per day to 600 micrograms total

- Getting enough of the B-vitamin folate (also called folic acid) helps reduce the risk of certain birth defects of the spinal cord and brain. Folic acid is critically important just after conception, before most women know they are pregnant.
- All pregnant women need 600 micrograms of folate every day - from supplements and food sources. Foods rich in folate include enriched grain products, nuts, legumes, citrus fruits and juices and dark green leafy vegetables.



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