PREGNANCY NUTRITION

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GREAT WAYS TO CURB UNHEALTHY CRAVINGS⁶



Eat breakfast



Eat small, frequent meals



Get plenty of exercise



Have lots of emotional support

HEALTHY WEIGHT GAIN DEPENDS ON WHERE YOU START.7



Under weight = 28-40 lbs Normal weight = 25-25 lbs Overweight = 15-25 lbs **Obese** = 11-20 lbs

IMPORTANT NUTRITION ELEMENTS FOR PREGNANT PEOPLE (DAILY VALUE)

Vitamin D - 600iu1

To increase calcium absorption milk, fish



To prevent anemia and help achieve healthy birth weight lean meat, seafood, nuts, beans

Iodine - 220mcg³

To promote healthy brain and nerve development low-mercury seafood (cod, shrimp, salmon), yogurt, milk





Calcium - 1000-1,300mg4

To help baby grow strong bones, teeth, hair and nails vogurt, cheese, milk









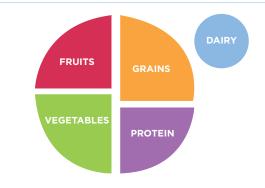
Folate - 600mg⁵

To help prevent birth defects and preterm birth

asparagus, dark leafy greens, nuts. beans



BUILDING BLOCKS FOR A HEALTHY DIET⁸





5 TIMES A DAY during pregnancy.

- 1. http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
- 2. http://ods.od.nih.gov/factsheets/Iron-HealthProfessional/
- 3. http://ods.od.nih.gov/factsheets/lodine-HealthProfessional/
- 4. http://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/

- 5. http://ods.od.nih.gov/factsheets/Folate-HealthProfessional/
- 6. https://www.babycenter.com/0_food-cravings-and-what-they-mean_1313971.bc
- 7. https://www.marchofdimes.org/pregnancy/weight-gain-during-pregnancy.aspx
- 8. https://www.choosemyplate.gov/