



**March E-Newsletter, 2011**

**Topic: Eating for Two**

Dear Friends,

One of the topics I am often asked about is just how do you eat for two during pregnancy? March is "National Nutrition Month", so to celebrate, we will explore some of the important nutritional considerations for mom and baby during pregnancy.

Enjoy!

Nurse Wendy

### **Eating For Two**

Eating healthy foods is more important now than it ever has been! Pregnant moms need more protein, iron, calcium, and folic acid more so during pregnancy. They also require more calories (about 300 additional calories per day). But "eating for two" doesn't mean eating twice as much. Rather, it means that sensible, balanced meals will help keep both mom and baby in optimal health.

Growing a baby requires more of many important vitamins, minerals, and nutrients. Making healthy food choices every day will help you give your baby what he needs to grow and develop. Here are some foods that will not only benefit your health, but will also benefit the healthy growth of your baby:

- Whole Grains: Cooked or ready-to-eat cereals
- Vegetables: Carrots, sweet potatoes, spinach, tomatoes, squash, red pepper
- Fruits: Melon, bananas, apricots, oranges, avocado & berries
- Dairy: Greek yogurt, cheese, cottage cheese
- Protein: Lean meats, fish, beans, nuts and seeds and protein powders
- Fluids: water, juices, non-caffeinated teas & smoothies

Many women have cravings for specific foods during pregnancy. The desire for "pickles and ice cream" and other cravings might be caused by changes in nutritional needs during pregnancy. The fetus needs nourishment. And a woman's body absorbs and processes nutrients differently while pregnant. These changes help ensure normal development of the baby. Therefore, when occasional cravings strike, listen to your body and give in. You may be seeking a particular nutrient which may be why you are experiencing the craving.

While most foods are safe for mom and baby, pay extra attention to food handling - Clean, handle, cook, and chill food properly to prevent food-borne illnesses:

- Keep raw meats, poultry, and seafood from touching other foods or surfaces
- Cook meat completely
- Wash produce before eating



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Paying extra attention to your health and nutrition will help you and your baby grow and thrive throughout the months ahead!