



Nutrition in Pregnancy

What nutrition should I be getting during pregnancy? It is important to maintain your health during pregnancy with regular exercise and good nutrition. Very few additional calories are needed in a day to support a healthy pregnancy. A normal weight woman would need to add about 400 calories a day during the second and third trimester. Total calories in a day should be around 2,500. A 400 calorie snack would be an apple with 2 tablespoons of peanut butter or some Greek yogurt with blueberries and granola. A great resource for nutrition is the “Dietary Guidelines for Americans 2020-2025” https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

How much weight should I gain? Recommended weight gain during pregnancy is based on number of babies you are growing and what your pre-pregnancy weight is. For one baby you should gain:

Pre-Pregnancy Weight	Recommend Total Weight Gain
Underweight (BMI 18.5 or less)	28-40 pounds
Normal weight (BMI 18.5 – 24.9)	25-35 pounds
Overweight (BMI 25-29.9)	15-25 pounds
Obese (BMI 30 or higher)	11-20 pounds

What should I be looking for in my prenatal vitamin? Any vitamin brand or prescription provided from pharmacy is okay to take. Daily you should be getting:

- Folic acid 400mcg – 800mcg
- Iron 27mg
- DHA 200-300mg
- Calcium 1000mg
- Vitamin D 600 IU

I am pregnant with twins, what do I need to do differently? For a twin pregnancy, it is still important to focus on regular exercise and good nutrition. Increase your calories to 3,500 a day and expect a weight gain of 40-56 pounds. You will also need to increase your folic acid supplements to 800mcg to 1000mcg daily.

How much caffeine can I have? Moderate caffeine intake of 200 milligrams per day or less does not appear to increase the risk of miscarriage or preterm birth and is considered safe in pregnancy. 200 milligrams are the equivalent of approximately two 8 oz cups of brewed coffee.

Can I eat seafood? Yes, eating 8-12 ounces of seafood a week can be a great source of DHA/Omega 3. Choose low mercury containing seafood such as shrimp, canned light tuna, salmon, and catfish.

What foods and drinks should I avoid? To limit risk, women should avoid: alcohol, unpasteurized milk or soft cheeses, raw/undercooked meat and high mercury seafood. Prepared meats, like hot dogs and deli meats should be avoided unless they are heated until steaming hot.