

# Nutrition

...for you and your baby.

Satisfy your "sweet tooth" by eating dessert-type foods in small portions only 1-2 times per week.



## Here's to your health!

It is never too late to begin healthy eating habits. Improving your food habits can be challenging AND emotional. Start slow, and choose an easy place to get started. Your midwife can help you identify specific needs in your diet. Discuss cost concerns and foods you do/don't like.

When a mother eats well, her baby does, too. Your food choices

impact your baby's cell growth and habits. You will begin to feel better as you tweak your diet to meet the needs of pregnancy. You will have a faster, healthier recovery after the birth. Trust your instincts and don't make your changes too easy or too hard.

When choosing foods at the store, CONSIDER:

1. Is it as close as possible to its natural state?
2. DOES IT GROW??
3. Am I eating a "rainbow" of foods?

Try to choose foods that are minimally processed. Eating a diet in whole foods is best because:

1. They contain all necessary vitamins, minerals, enzymes and antioxidants required for fetal growth.
2. Processed foods contain more sugars, additives, fillers and/or chemicals and are -
  - o Lower in fiber
  - o Lower nutritional value
  - o Higher in calories

Are you PALEO? Remember to incorporate *plenty* of vegetables at every meal. Include carbs and fibrous Paleo foods into your daily routine, such as:

- o Squash
- o Sweet Potatoes
- o Beets
- o Cauliflower
- o Various Fruits



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## Minerals and Nutrients

### **Protein** **75-100g/day**

Protein is vital for building a strong and healthy baby. Protein is the “doer” inside of us. It builds healthy cells and tissues at the most basic level. It manages important functions such as hormone production and milk production for breast feeding.

During pregnancy you need more protein *and* calories so that your body may use the protein for essential functions, rather than using it for energy. Your calorie load should meet or exceed **2,000 calories per day**.

Animal protein is the most complete source that does not have to be supplemented. Here are some suggestions:

- Eggs
- Beef
- Lamb
- Chicken
- Fish/Shellfish
- Cheese
- Whole fat milk
- Whole fat yogurt

#### **Avoiding “Junk” Food:**

Replacing white, processed grains with whole grain options is a great way to replace empty calorie consumption with a nutritive alternative.

### **Vegetarian/Vegan Options:**

Always combine grains with beans, seeds or legumes for a more complete protein.

- Peanut butter or any nut butter
- Seeds
- Beans/Legumes
- Grains (wheat, rice, corn, millet, oats, etc)
- Soy/Tofu
- Dairy/Eggs (if ovo/lacto vegetarian)
- Greens
- **Vegans: Supplement with B complex, which is only found in animal products.**

### **Iron**

Iron promotes growth and is important for preventing anemia and immune problems. Iron is found in eggs, fish, liver, red meat, butter, cod liver oil, cherry juice and black strap molasses. Eating butter and cod liver oil increases iron absorption. Combine iron with folic acid, vitamin C, and vitamin B12. Consuming white flour decreases iron absorption. We recommend Floradix + Iron.

### **Calcium**

Calcium builds strong bones, teeth, heart, muscles and nervous system. Calcium is necessary for proper contractions during labor and birth. Calcium is found in dairy, green vegetables, bone broth, meats, grains, molasses, sesame seeds, seaweed, and shellfish. Grains that are not soaked before use, iron consumption and stress inhibit calcium absorption. Sugar and stress pull calcium from your bones. Combine calcium with vitamins A, C, D, fats, and magnesium.



**Meat and potatoes:** An American favorite and sometimes regarded as “healthy”. Opt for sweet potatoes and replace corn (a grain) with a colorful vegetable. Try to eat white potatoes 1-2 times per week.

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