



## Diet and Weight Gain

Eating nutritious foods is essential for your baby's growth and development. Healthy eating is necessary to meet the nutritional demands of your changing body and those of your growing baby. Pregnancy is a great time to adopt healthy, new habits.

The best diet is a balanced diet consisting of fresh vegetables, fresh fruit, whole-grains and low-fat dairy products. You should also include sources of protein like meat, fish, eggs and beans. The types of fish and seafood that are safe to eat 1 or 2 times per week include shrimp, canned light tuna, salmon, pollock and catfish. Tuna steaks are also safe to eat, but you should only have these 1 time per week.

The difficult part is that you do not need many more calories, but you do need more nutrients. This means limiting high-calorie, low-nutrient foods like desserts, chips, soda and candy. **Being pregnant**

**does not mean you're free to eat whatever you would like since you're "eating for two."** In fact, you only need an extra 300 calories per day during your pregnancy.

You may have caffeine, but **limit** your intake to less than 200 mg/day. This means only 1 to 2 cups of coffee per day. Remember, many sodas, teas and chocolate also contain caffeine.

You should **NOT** eat raw meat or deli meat while you are pregnant. If you do eat deli meat, it should be heated up until steaming hot. Also, avoid unpasteurized dairy products.

**You should NOT drink alcohol of any kind during your pregnancy.** Even small amounts could be harmful to your developing baby. Alcohol use during pregnancy has been linked to risk of miscarriage, low birth weight, heart defects, vision and hearing problems, premature delivery, and learning and behavior problems.