



Susan Yarian, MD | Eric Pulsfus, MD | Thomas Searle, MD | Kelly Jago, MD
Barbara Dembek, CNM | Amy Loughlin, CNM | Elizabeth Meadows, CNM | Christa Zielinski, CNM | Lorraine Searle, CNM
300 Health Park Blvd., Ste. 3002, St. Augustine, FL 32086 | phone.904.819.1500 | fax.904.810.1023

Diet and Nutrition in Pregnancy

It is important to be as healthy as you can be during your pregnancy. "Eating for two" is a myth. You do not need to eat a lot more food, but it is important to eat healthy foods.

Every day make sure you have:

- 6-8 large glasses of water. Other beverages such as juices, soda or milk have calories you don't need. Water is always the best choice for fluids.
- 6-9 servings of whole grain foods like bread or pasta. Read the label to make sure it says "whole" grain. (a serving is 1 slice of bread or ½ cup of cooked pasta)
- 3-4 servings of fresh fruits
- 4-5 servings of vegetables
- 2-3 servings of protein such as lean meats, eggs or nuts
- 2-3 servings of iron rich foods such as dark leafy greens, black eyed peas, sweet potatoes, dried fruit or red meat
- 1 serving of foods rich in folic acid such as dark leafy greens

Fish is an excellent source of nutrients for a pregnant woman. Most fish is perfectly fine to eat. However some can contain harmful chemicals.

- Do not eat swordfish, shark, king mackerel or tilefish
- Eat salmon no more than once per week
- Eat only "light" tuna. Do not eat Albacore tuna.
- If you eat locally caught fish check for any advisories for the local waters

Shellfish such as shrimp or scallops are safe to eat if cooked thoroughly.

Food safety is important

- Do not eat any meat or fish that has not been cooked all the way through
- Do not eat any foods that have not been kept hot or chilled
- Wash knives, cutting boards and your hands after handling raw meat
- Wash all fruits and vegetables well before eating to remove any germs or pesticide residue
- Avoid unpasteurized milk or cheese
- Pay attention to the "use by" dates on foods

Vegetarians need to be mindful to get enough protein in their diet. Whole grains, quinoa, beans, lentils, legumes, soy/tofu, nuts seeds and nut butters and eggs are all sources of protein.