

# PREGNANCY NUTRITIONAL RECOMMENDATIONS

Pregnant patients will always want to know what is safe for them to eat! Follow this reference to use a guide to safely educate your patients on what to eat and what to avoid!

## ENCOURAGE these foods:

- Foods high in iron
  - Legumes and spinach
- Foods high in calcium
- Prenatal vitamins
- Folic Acid
- Fruits and Vegetables (wash well!)
- Increase total caloric intake 300 calories/day during pregnancy
- Increase total caloric intake 500 calories/day during lactation after delivery

## AVOID these foods:

- More than 200 mg a day of caffeine
- Alcohol
- Pica (consumption of non-food items)
- Uncooked deli meats
- Undercooked or raw meat items
- Fish high in mercury (examples: swordfish, shark, king mackerel, etc)
- Unpasteurized and soft cheeses (goat cheese or feta, etc).