

Nutrition in Pregnancy SLP

Risk States

Underweight prior to pregnancy

Overweight

Recommended weight gain in Pregnancy: most important indicator of good maternal nutrition and fetal growth is appropriate maternal weight gain

Healthy weight (BMI 19-24) – 25 to 35 lbs

Underweight (BMI < 19) – 30 to 40 lbs

Overweight (BMI 25-30) – 15 to 25 lbs

Obese (BMI 30-35) – 12 to 20 lbs

Multiple gestation – 40 to 45 lbs

Rate of weight gain:

Gradual 1st trimester = few lbs

Steady wt gain 2nd trimester = ½ lb to 1 lb per week

Breakdown:

Fetus, placenta – 10-11 lbs

Uterus, breasts – 3 lbs

Increase blood volume – 3 lbs

Increase tissue fluid – 4 lbs

Maternal stores – 7 lbs

Caloric needs:

85,000 calories over the course of a pregnancy to have a healthy baby

Starting 2nd trimester, add 200-300 calories per day

This is NOT eating for two – 200 to 300 calories more = ½ sandwich or ½ bagel w/ peanut butter

Should be able to meet needs with 3 meals per day and one or two healthy snacks

Specific nutrients

Protein

Need for growth ~ approx 10 gm/day additional in pregnancy

Food sources – meats, chicken, beans, peas

Calcium

Necessary for bone, teeth, neuro function of developing infant

Absorption is enhanced in pregnancy – needs met with 3 to 4 servings per day

Food sources – milk, dairy, cheese, yogurt, green leafy vegetables

Folate / Folic Acid

Necessary to prevent Neural Tube Defects in the infant ~ 400 mcg/day

Food sources – dark green leafy vegetables, legumes, whole grains, oranges, fortified foods

Iron

Necessary for RBC production

Needs are twice as much as for someone who is not pregnant ~ 30 mg/day

Heme sources – animal – meats, seafood, poultry

Non-heme sources – dark green leafy vegetables, cereals, fortified foods

Not given in first trimester because minimal need and increases nausea, given in second trimester

Vitamin B₁₂

Vegans (someone who eats no animal foods) will need supplementation

Vitamin A

Pregnant women must avoid excess (>10,000 IU) due to increase risk of birth defects

Non-nutritive foods

Caffeine – May increase risk of miscarriage. Recommend to restrict to equivalent of 2 cups of coffee (8oz) or 2 sodas per day

Artificial Sweeteners – Use in moderation, especially Nutra-sweet (contains phenylalanine). If family history of PKU, will need to avoid totally

Herbs/Herb Supplements – Few studies, therefore not recommended at this time.

Limit herbal teas to 2 or less servings per day

Pregnancy issues

Nausea & vomiting

Ginger has been shown to decrease nausea/vomiting in pregnancy.

Constipation

Fiber helps to decrease – use that only in plant based foods (whole grain, fruit skins, veggies)

Hypertension in pregnancy

No added salt, but not less than 2 gm Na⁺ per day

Gestational diabetes

Goal – control BS and prevent ketonuria. Calculate 3 meals per day and snacks. Less CHO at first meal, important to have snack as bedtime. More info will be covered in later lecture.

Caution in Pregnancy

Avoid food borne illnesses in pregnancy (increases risk of miscarriage or birth defects)

Fish – concern with levels of mercury – usually found in large fish (shark, swordfish, King Mackerel). Instruct pregnant women to watch public advisories (DNREC) for other fish concerns.

Avoid undercooked, uncooked foods, i.e. bean sprouts on veggie bars, sushi, soft boiled eggs