

Nutrition During Pregnancy

Calories

- **BMI 18-29.9:** 1,800 Calories per day during first trimester then increase to 2,200 calories per day after that
- **BMI > 30:** 1,800 Calories per day entire pregnancy

Food Safety During Pregnancy

Raw/Undercooked Foods

- **The issue:** some raw foods can cause listeriosis, salmonellosis, and other illnesses that may lead to miscarriage or serious health problems for your baby.
- **What's okay:** well-done meats, poultry, and fish; vegetarian sushi; canned or shelf-stable pates and meat spreads.
- **What to avoid:** any of the above items that have not been cooked to the proper temperature; Raw sprouts (including radishes); selfish, raw eggs. Hamburger needs to be cooked all the way through.

Fish

- **The issue:** certain fish contain high levels of mercury, which can contribute to developmental delays. Farm-raised fish may be contaminated with PCB's (cancer causing agents) and other toxins.
- **What's okay:** you can safely consume **12oz** a week of catfish, cod, flounder, haddock, ocean perch, pollack, sardines, sea bass, shrimp, snapper, sole, tilapia, and wild salmon. Limit tuna to 6ounces a week of the canned "chunk-light" variety. Canned or shelf-stable salmon is safe.
- **What to avoid:** swordfish, shark, king mackerel, tilefish, fresh tuna, canned albacore tuna, raw sushi, raw shellfish and refrigerated smoked seafood, unless cooked in another dish.

Hot Dogs and Deli Meat

- **The issue:** these foods can contain listeriosis.
- **What's okay:** hot dogs, lunch meats, and deli meats that have been reheated until **steaming hot**.
- **What to avoid:** avoid getting fluid from hot dog packages on other foods, utensils, and food preparation surfaces, and wash hands after handling hot dogs, lunch meats, and deli meats.

Cheese and Dairy Products

- **The issue:** raw and unpasteurized dairy products can cause listeriosis, salmonellosis, and other food borne illnesses
- **What's okay:** pasteurized milk and yogurts; well cooked eggs; hard cheeses.
- **What to avoid:** raw milk and dairy products (cheese and yogurt) made with raw milk; soft brie, feta, camembert, blue cheese, Roquefort and Mexican-style queso blanco and queso fresco; uncooked foods made with raw eggs (such as salad dressings and protein shakes). Any cheeses that are soft and crumbly have potential to develop bacteria.

Caffeine/Herbal Teas

- **The issue:** caffeine can cross the placenta and affect fetal heart rate and respiration. Certain herbs cause adverse reactions and some teas are not regulated, so you can't be sure of the herb's concentration.
- **What's okay:** Up to 300mg of caffeine a day (an 8 oz cup of coffee has about 150mg, a 12oz can of soda has 35-50mg and an 8oz cup of black tea has about 40mg); flavored decaffeinated teas in filter bags (citrus, ginger, peppermint).
- **What to avoid:** teas made with goldenseal, black or blue cohosh, ephedra, dong quai, feverfew, juniper, pennyroyal, saint-John's wort, rosemary or thuja.

Artificial Sweeteners

- **The issue:** they cause no harm to babies in utero. Still, some experts caution against them.
- **What's okay:** saccharin, aspartame, and splenda in moderate amounts.
- **What to avoid:** drinking lots of nutritionally empty diet drinks

Alcohol

- **The issue:** When a pregnant woman drinks alcohol, so does her unborn baby. Drinking alcohol during pregnancy can cause miscarriage, still birth, and a range of life long disorders.
- **What's okay:** There is no known safe amount of alcohol to drink while pregnant. There is also no safe time during pregnancy to drink and no safe kind of alcohol.
- **What to avoid:** The CDC urges pregnant women not to drink alcohol any time during pregnancy.