

Pregnancy Nutrition Basics



Nutritional Demands During Pregnancy

, the increase the demand for essential nutrients. for supporting fetal growth and the . an additional 340-450 calories per day in the second and , along with increased intakes of various nutrients.

Folate: 600-800 mcg daily to help prevent neural tube defects

Iron: 27 mg increased blood volume and fetal growth

Calcium: 1000-1300 mg development

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Essential Nutrients for Pregnancy

Folate: Crucial for DNA synthesis and cell division; found in leafy greens, beans, and fortified cereals

Calcium: Important for ; found in dairy products, leafy greens, and fortified plant milks

Iron: Prevents anemia and supports oxygen transport; sourced from red meat, legumes, and leafy greens

Choline: Supports fetal brain development; found in eggs, meat, and fish

Vitamin D: Aids in calcium absorption and immune function; sourced from sunlight and

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Balanced Diet: Food Groups and Recommendations

Fruits and Vegetables: Aim for a variety of colors to maximize nutrient intake

Whole Grains: Choose oats, quinoa, and brown rice for fiber and sustained energy

Lean Proteins: Include chicken, fish, beans, and nuts for fetal growth and muscle
Fats: Avocados, nuts, and olive oil support brain development

Portion control is essential, and a varied diet helps ensure all nutritional needs are met.

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Hydration and Weight Management

should aim to drink at least 8-10 cups of water daily to support increased blood volume and amniotic fluid levels.

Constipation

Swelling

Fatigue

Average weight gain: 25-35 pounds for individuals with weight

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Food Safety and Dietary Risks

Raw or undercooked meats

Unpasteurized dairy products

High-mercury fish \ (shark, swordfish, king mackerel\)

Wash fruits and vegetables thoroughly and store food properly to prevent contamination.