

get out of bed in the morning.

- ❶ Eat small meals frequently.
- ❷ Avoid greasy, fried, or spicy foods that may upset your stomach.
- ❸ Don't drink liquids with your meals.

Constipation

To help relieve constipation:

- ❶ Eat more fresh fruits, vegetables, high-fiber breads, and cereals.
- ❷ Drink more liquids. You should drink 6 to 8 glasses of water or other liquids each day.
- ❸ Do not use laxatives unless your doctor tells you to.



Diarrhea

- ❶ Try eating more yogurt, rice, dry toast, or bananas.
- ❷ Ask your health care provider about taking Pepto-Bismol or Maalox.

Heartburn

For heartburn you should:

- ❶ Eat 5 or 6 small meals a day.
- ❷ Eat fewer spicy and fatty foods.
- ❸ Bake or broil your food instead of frying it.
- ❹ Stay away from orange juice or grapefruit juice. Instead drink water, milk, apple juice, or cranberry juice.
- ❺ Cut down on soft drinks, chocolate, coffee, and other drinks with caffeine.
- ❻ Drink milk before meals.
- ❼ Ask your doctor which antacids you can take.

Diet during Breastfeeding

Rest assured that the quality of breast milk is uniformly excellent from mother to mother. The amount of milk a woman produces varies with the frequency of feedings or pumping, your physical well-being, diet and rest. You should follow the same good diet standards that you practiced when you were pregnant, with the following additional guidelines:

Eat a variety of foods at regular meal times and keep nutritious snacks on hand if you are hungry between meals. Increase your fluid intake.

Drink to quench your thirst or enough to keep your urine from appearing concentrated or dark yellow.

Your baby will probably tolerate all of the foods you normally eat. If a particular food or beverage seems to upset your baby, avoid that food for a week and then try it again to see if it truly affects your infant. If so, delete it from your diet.

Continue taking your daily prenatal vitamins while nursing. Remember, vitamins do not take the place of food. It is better to get your nutrients from a well balanced diet than to rely on a vitamin supplement.

Limit your caffeine intake to 2 cups or less a day. Caffeine does get into the breastmilk and can cause irritability in your baby.

Do not Smoke, drink alcohol or use street drugs.

If you need to take any prescription or over-the-counter medications during the time that you are breastfeeding, check with your doctor to confirm that the drug or medication is safe.

The fat your body stored during pregnancy gradually will be used to contribute to milk production. This is the reason most women can expect to lose several pounds each month while nursing. Because a strict weight reduction diet can decrease your milk supply, attempts to lose weight should be carefully supervised while you are breastfeeding.

Information contained in this booklet is meant for informational purposes only and should not substitute the visit to your doctor nor his/her advice for your health care.

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Diet During Pregnancy



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Diet in Pregnancy

In this brochure, you will learn why you need a well-balanced diet while you are pregnant and what foods you should eat. You will also find out foods you should avoid and foods that will help some of the unpleasant side effects of pregnancy.

What foods do I need to eat?

Eating regular, well-balanced meals is more important when you are pregnant than at any other time of your life. What you eat provides food for your baby as well as yourself.

You need about 200 to 300 more food calories a day than when you were not pregnant. Most pregnant women need about 2200 to 2300 total calories each day. Your doctor will suggest a range of weight that you should gain. The usual recommended gain is about 20 to 35 pounds.

You need more protein, vitamins, calcium, and iron. These nutrients are important for your baby's growth and development. They give your baby strong bones and teeth, healthy skin, and a healthy body.

Foods that are excellent sources of protein and vitamins are:

- beans and peas
- nuts
- peanut butter
- eggs
- meat
- fish
- poultry
- cheese, milk, and yogurt.



Good sources of calcium are:

- cheese
- milk
- yogurt
- sardines
- salmon
- greens.

Foods rich in iron are:

- some cereals
- rice
- dried fruit
- green vegetables
- eggs
- liver
- kidneys
- whole-grain or enriched bread.

How do I know if I am eating a balanced diet?

Use the following chart as a guideline for choosing the types and amounts of foods you eat each day. Carbohydrates (grains, fruits, vegetables) should provide at least half of your daily calories. Eat a variety of foods.

Food Type	Number of Servings	E.g. of Serving Size
Meat, poultry, fish, beans, eggs	2 to 3	2 oz of lean meat
Grains	6 to 11	1 slice of bread, 1/2 cup pasta, 1 ounce of cereal
Fruits	2 to 4	1 apple 1/2 cup chopped fruit 3/4 cup juice
Vegetables	3 to 5	1/2 cup vegetable
Milk, cheese,	4	1 cup of milk yogurt 1 cup of yogurt

Do I need to take dietary supplements?

Many women need supplemental vitamins and minerals in their diet during pregnancy. The following are often recommended:

- A **multivitamin tablet** with iron and folic acid. This may be the only supplement your doctor suggests.
- Iron.** Many women need an extra 30 mg a day of iron in the last half of pregnancy. Women carrying twins, women with low iron in their blood, and large women may need up to 100 mg a day of additional iron.
- Calcium.** You may need additional calcium in the last half of pregnancy, when the baby needs calcium for bone development.
- Folic acid.** The usual dose recommended is 0.4 mg a day.

What substances should I avoid when I am pregnant?



- Stay away from alcoholic drinks, tobacco, and drugs.
- Check with your doctor before taking any medications.
- Some medications cause birth defects.
- Avoid caffeine. Too much caffeine from chocolate, coffee, tea, and soft drinks could increase the risk to you baby.

You do not have to eat less salt during pregnancy, as was thought in the past. A moderate amount of salt helps keep proper levels of sodium in your body as your baby develops. Use iodized salt.

What should I do if I don't feel like eating or if I have other digestive problems?

Morning sickness

Many women have morning sickness during the early months of pregnancy. It may help if you:

- Eat crackers, pretzels, or dry cereal before you