

Obesity and Pregnancy

- Pregnancy weight gain of over 40 pounds raises concerns including gestational diabetes, hypertension and an increased likelihood of the child becoming overweight later in life.
- Stay within normal weight gain ranges – 25 to 35 pounds or 15 to 25 pounds if you're already overweight.
- Eating fatty foods during pregnancy could raise your child's chances of being obese later in life.
- Breastfeeding helps new moms lose unwanted pounds. Plus: babies who are breastfed for more than a year are 72% less likely to become obese by age 6.



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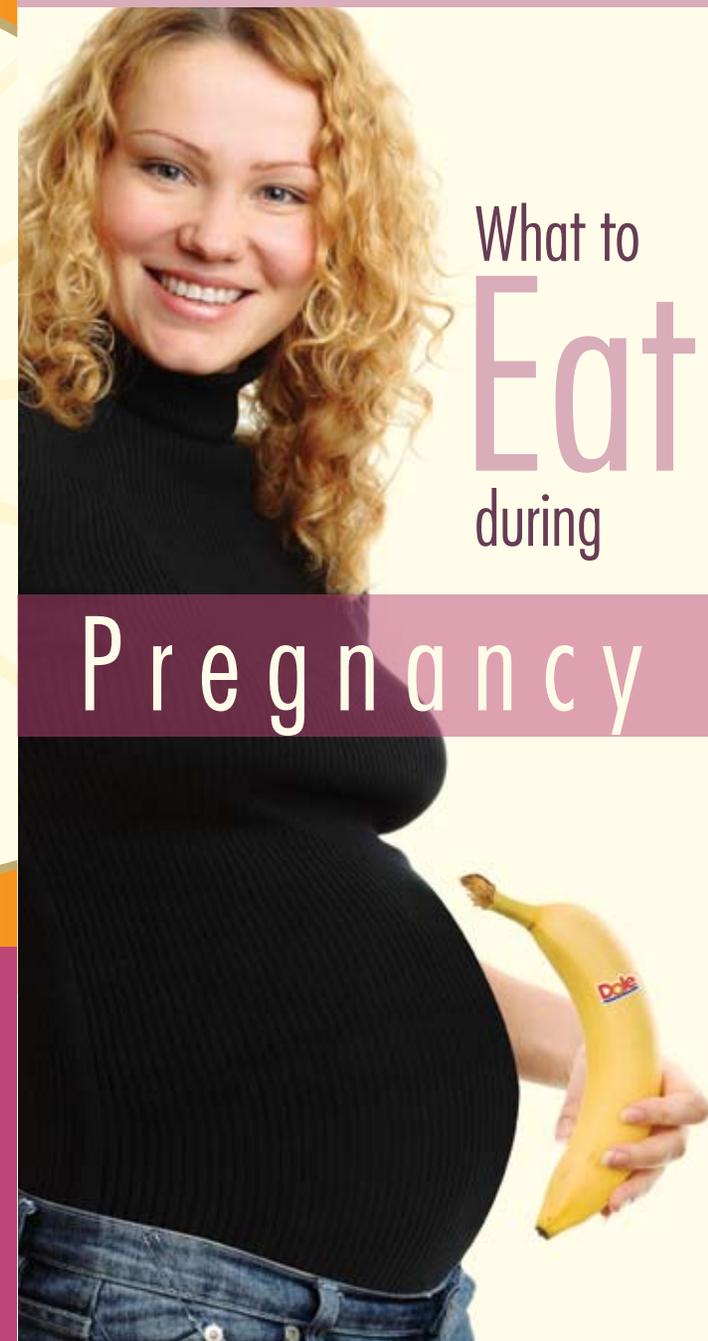
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Nutrition Tidbits

- Feeling queasy? Try ginger! An Australian study found that it could relieve morning sickness.
- Bananas for boys? Compared to those who gave birth to girls, mothers of boys consumed 300mg more potassium per day. One banana contains 450mg potassium!



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What to
Eat
during

Pregnancy

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What You Need

Why You Need It

Where to Find It

Choline		Diets rich in choline can boost offspring's memory, according to animal research.	Broccoli, Spinach, Beans, Salmon, Cod, Eggs
Folate		This B vitamin helps prevent neural tube defects like spina bifida. It's a micronutrient essential to the neurological development of fetuses.	Spinach, Romaine Lettuce, Brussels Sprouts, Beets, Artichokes
Vitamin D		In one study, children whose mothers had the lowest levels of vitamin D during pregnancy were found to have thinner, weaker bones by age 9.	DOLE Portobello Mushrooms, Canned Salmon, Canned Sardines, Non-Fat Milk, Sunlight
Betaine		Works synergistically with choline: babies born to women with diets highest in betaine and choline were 75% less likely to have neural tube defects, in one study.	Wheat Bran, Cereals, Beets, Spinach
Fiber		Eating more fiber can help maintain a healthy pregnancy weight by curbing appetite and carrying away fat during digestion. Certain kinds of fiber – like bananas' resistance starch – help burn fat, too!	Bananas, Pears, Raspberries, Blackberries, Dates
Antioxidants		Can help lower your newborn's risk of leukemia, the most common cancer in children and adolescents.	Spinach, Blueberries, Broccoli, Strawberries, Cherries
Zinc		Zinc deficiency during pregnancy has been linked to certain kinds of retardation & learning impairment.	Green Peas, White Beans, Oysters, Cashews
Calcium		In one study, 1,500mg of calcium a day was enough to reduce various pregnancy complications by 25%.	Collard Greens, Arugula, Navy Beans, Kale, Non-Fat Dairy
Copper		Copper deficiency can undermine collagen production, contributing to a more precarious pregnancy. Copper deficiency during pregnancy can lead to lower levels of certain enzymes needed for infants' brain development.	Kiwi, Guava, Plums, Potatoes, Walnuts

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