

Weight Gain During Pregnancy

- Desired weight gain depends on weight before pregnancy:
 - Underweight women: 28-40 lbs
 - Normal weight women: 25-35 lbs
 - Overweight women: 15-25 lbs
 - Obese women: 11-20 lbs
- Weight gain should be slow and gradual: 2 to 4 lbs in the first trimester and about a pound per week for the remainder of pregnancy.
- Excessive weight gain places the mother at risk for gestational diabetes and hypertension and increases the likelihood of the child becoming overweight.
- Discuss weight management with your physician.



Eating for Two?

Women need about 300 extra calories a day during pregnancy and those calories should come from nutritious foods that will help the baby grow and develop. Add a piece of fruit to your usual breakfast, avocado to your sandwich at lunch, peanut butter to your afternoon apple, and a whole grain roll to your evening meal to get the extra nutrients and energy you need. A balanced diet during pregnancy will provide the essential nutrients for fetal development and prevent excess weight gain. Mothers who choose to breastfeed will need about 500 additional calories per day to keep up with energy needs. Continue to choose wholesome foods with adequate protein, vitamins and minerals. Yogurt with fruit or veggies with bean dip makes a nutritious snack.



Nausea & Cravings

Say No to Nausea

The cause of nausea isn't clear, but pregnancy hormones may play a role. Eating smaller frequent meals, avoiding fatty fried foods, and drinking water throughout the day rather than at meals may help.

Feeling Queasy?

Try ginger! An Australian study found that it could relieve morning sickness. Add ginger to smoothies or sip a cup of warm ginger tea.

What About Cravings?

Cravings are normal, and may be linked to hormonal changes or altered perceptions of taste and smell. As long as the craved food fits into an overall balanced diet, it is okay to give in.

For more information, visit us online at Dole.com

Exercise During Pregnancy

Almost all women can and should stay physically active during pregnancy. Staying physically active can relieve back and joint pain, prevent weight gain, boost mood and energy, help you sleep, and reduce risk of gestational diabetes. Aim for at least 30 minutes of moderate-intensity activity five days per week and add strength training on two days.

Try walking, swimming, low-impact aerobics, and cycling. Avoid activities in excessive heat, contact sports, and certain yoga poses—a certified instructor can help you out with that.

Speak with your doctor about your specific exercise goals.



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PREGNANCY

Health and Wellness Series #5



What, Why & How For Pregnancy

Below are ten important nutrients to help keep mother and baby healthy during pregnancy and what foods provide them.

1 Choline

Choline is essential for the normal development of your child's memory according to preliminary research.

Found in:
Broccoli, spinach, beans, cod, salmon, eggs

2 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.

Found in:
Sunlight, salmon, canned tuna, low-fat yogurt

3 Folate

Adequate levels of the B vitamin folate helps prevent neural tube defects like spina bifida.

Found in:
Spinach, asparagus, Brussels sprouts, romaine lettuce, avocado, broccoli, artichokes

4 Betaine

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.

Found in:
Wheat bran, cereal, beets, spinach

5 Iron

Women who are pregnant have higher iron needs. Iron deficiency may result in premature birth and low birthweight.

Found in:
Lentils, beans, fish, chicken, raisins, potatoes with skin

6 Vitamin C

Vitamin C assists in absorption of iron, is essential for structural development, and supports immune function.

Found in:
Pineapple, red bell peppers, strawberries, tomatoes, oranges, kiwis, broccoli

7 Zinc

Zinc deficiency during pregnancy has been linked to certain kinds of retardation and learning impairment.

Found in:
Beans, chickpeas, cashews, almonds, oatmeal, green peas

8 Copper

Copper is critical in human development, and deficiency in the mother can result in birth defects and brain abnormalities in the child.

Found in:
Cashews, sunflower seeds, lentils, potatoes, mushrooms, kiwis

9 Calcium

In one study, 1,500mg of calcium a day was enough to reduce various pregnancy complications by 25%.

Found in:
Collard greens, arugula, navy beans, kale, low-fat dairy

10 Omega-3 Fatty Acids

Omega-3 fatty acids are essential for both neurological and visual development of the baby. They also play a role in breast milk production.

Found in:
Black cod, wild salmon, flaxseed, trout, walnuts



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