

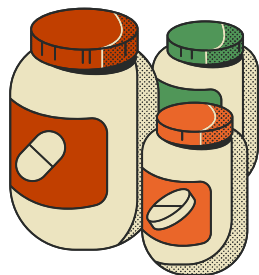
Pregnancy & Postpartum Nutrition

with



Nurture + Nourish
Nutrition

Nutrition Changes During Pregnancy and Postpartum



Supplements:

Prenatal Vitamin (with 27mg Iron)
Vitamin D3 (2000IU)
Calcium (optional if diet doesn't meet 1000mg/day)

Supplements help meet your increased nutrient needs throughout your pregnancy and recovery postpartum. It's recommended that you continue your supplements until 6 mo. postpartum OR until you stop breastfeeding. Vegetarian/ Vegan diets require add'l. supplementation.



Weight gain is influenced by:

Previous dieting
Previous exercise habits
Lifestyle realities / behaviors

Know that calories don't tell the whole story
calories ≠ satiety
calories ≠ weight changes
calories ≠ absorption

Should you counting calories?

The reported caloric increase for pregnancy and postpartum is 300-500 calories per day, respectively. However, it's not necessary to count calories and in fact it can take away from the joyful experience of being pregnant.

If you're concerned about weight gain in pregnancy schedule a one on one appointment to discuss you're individual health history and concerns.

Scan the code to see my quick guide to food safety during pregnancy & learn how to keep your meals safe!



Your body is wiser than your worry. Trust the quiet work it's doing.

How much do you actually need?



Carbohydrates

130 g/day (maternal brain)
+ 35-45 g/day (fetal use + pregnancy metabolic changes)
≈ 175 g/day
carbohydrate minimum



Protein

70g per day



Fiber

25-30g per day



Water

8-12 cups per day
Helps with increased blood volume and constipation.
Remember water is in food too.

Aim for progress over perfection.
Do the best you can, especially in the first trimester.
Focus on eating consistently (every 3-4 hours).
Keep in mind that physical activity will increase your needs.

Sources: IOM, ACOG, ADA

This handout provides general nutrition information and is not intended to replace individualized medical or nutrition advice. Please consult your healthcare provider for recommendations specific to your needs.

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