

Pregnancy Diet Secrets

CHEAT SHEET



Discover The Secrets To
Maintain Proper Nutrition For
A Happy And Healthy Pregnancy!





Symptoms of pregnancy

- Missed period
- Headache
- Spotting
- Weight gain
- Pregnancy-induced hypertension
- Heartburn
- Constipation
- Cramps
- Back pain

Pregnancy week by week

- First trimester
- Second trimester
- Third trimester

Pregnancy prevention

- Intrauterine devices (IUDs)
- The pill and other hormonal birth control methods
- Condoms and other barrier methods
- Emergency contraception
- Natural family planning (NFP)

General Food Safety Recommendations

- When handling raw meats, fish, shellfish, poultry and eggs, wash your hands with hot, soapy water.
- Clean and disinfect all surfaces after handling food in the kitchen.
- Wash your hands and kitchen surfaces often to help prevent bacteria from spreading.
- Defrost frozen foods in the refrigerator, Fully cook all meats, fish, shellfish, and poultry.
- Avoid raw or lightly cooked egg or egg products.
- Wash raw vegetables and fruit well with clean, running water before eating.

Some actions that can keep you and your baby healthy include:

- taking a multivitamin
- getting sufficient sleep
- practicing safe sex
- getting a flu shot
- visiting your dentist

Some things you'll want to avoid include:



- smoking
- drinking alcohol
- eating raw meat, deli meat, or unpasteurized dairy products
- sitting in a hot tub or sauna
- gaining too much weight

Common cravings during pregnancy include:

- chocolate
- spicy foods
- fruits
- comfort foods, such as mashed potatoes and pizza

Eat these:

- at least three servings of protein per day
- six or more servings of whole grains per day
- five or more servings of fruits and vegetables per day
- three or more servings of dairy products per day
- foods with essential fats
- prenatal vitamins

Avoid these:

- alcohol
- excessive caffeine
- raw meats and seafood
- high-mercury fish
- uncooked processed meats
- unpasteurized dairy

Supplements

- Iron
- Folic acid
- Vitamin D
- Zinc
- Avoid vitamin A supplements

Why Alcohol is Dangerous

- Small head size
- Abnormal facial features
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior



- Difficulty with attention
- Poor memory

Some tips to help you stop drinking alcohol:

- Plan to drink other things, like fruity drinks or water.
- Stay away from situations or places where you usually drink, like parties or bars.
- Get rid of all the alcohol in your home.
- Tell your partner and your friends and family that you're not drinking alcohol during pregnancy. Ask them to help and support you.

Nutrient Needs in the Postpartum Period

- Replenish nutrient stores, specifically, calcium, vitamin B6, and folate
- Minerals
- Vitamins
- Support requirements of lactation, when the woman is breastfeeding

