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Diet During 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
- ♣ Cream of Wheat
- ♣ Dried fruit, prunes
- ♣ Green vegetables
- ♣ Eggs
- ♣ Liver
- ♣ Kidneys

Please talk to your doctor before using any diet supplements, herbs or vitamin supplements.