

POSITIVE EATING FOR TWO...

10 Secrets for Growing A Healthy Baby

- 1) **Get plenty of folacin.** Your body's requirement for folacin doubles during pregnancy. Get the folacin you need by eating at least 2 cups of green vegetables every day -- broccoli, spinach, peas, cooked greens, asparagus, Brussels sprouts, and green beans. Also oranges and orange juice are high in folacin, as well as navy beans, kidney beans, and great northern beans.
- 2) **Get plenty of calcium.** Although calcium needs do not go up during pregnancy and lactation, this is a good time to make sure you are getting enough. You need 1,000 mg of calcium a day. Three 8-ounce glasses of milk or yogurt have a total of 900 mg. To make sure you reach 1,000 mg, drink calcium-fortified juice, eat calcium-rich vegetables like collard or turnip greens, or take a calcium supplement. One ounce of cheese can be substituted for each 8-ounce glass of milk if desired (look for low-fat cheeses). Choose low-fat milks, preferably skim, 1/2% or 1%.
- 3) **Get plenty of protein.** If you're sticking with the recommendation number two (above) to get four servings of milk per day, than your protein needs are one-third taken care of. So now all you need is about 4 to 7 ounces of cooked chicken, fish, beef, or pork. This would be about 2 ounces at lunch (like half a can of tuna, or two slices of lunch meat), and 3 to 5 ounces at dinner (like a piece of lean, trimmed meat the size of a deck of cards).
- 4) **Take it easy on fats.** Keeping your fat intake down to 50 to 70 grams per day will go a long way toward preventing excess weight gain, and helping you to get more nutrition from all the other foods you get to eat instead of extra fat.
- 5) **Take it easy on sugars.** Enjoy just a small serving of cakes, pies, or cookies only 1 to 3 times per week. When eating for two, extra calories need to come with extra vitamins and minerals (which sweets do not have).
- 6) **Choose fruit, lots of it!** Try to choose two to four pieces of fresh fruits each day, and a glass of juice.
- 7) **Go whole grain.** Choose servings of whole grain breads, cereals, crackers or pastas at every meal.
- 8) **Absolutely, NO ALCOHOL.** Fetal alcohol syndrome is very serious. There is no safe limit.
- 9) **Limit caffeine.** Some studies suggest that up to 2 cups of a caffeine-containing beverage is acceptable during pregnancy (although less is probably better). Consult your doctor on what levels are right for you.
- 10) **Eat smaller, more frequent meals.** Many pregnant women find that they prefer three small meals, with three small snacks, instead of the three large meals that they're accustomed to eating. Also, take your pre-natal vitamin and mineral supplement if prescribed, for good nutrition insurance.