

# Healthy Eating During Pregnancy



Prevention and Health Education Unit  
Prepared by Licensed Health Educators

# Objectives



Explain the concept of healthy eating during pregnancy.



Identify the main food groups and nutrients essential for the pregnant woman.



Mention the benefits of maintaining a healthy diet for the mother and the baby's development.

# What Is Healthy Eating?

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## Healthy Eating

It consists of consuming a variety of nutritious foods that provide the nutrients that the body needs.

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Maintains health, boosts energy, and enhances well-being.

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A healthy diet supports the baby's growth and development and promotes the mother's health.

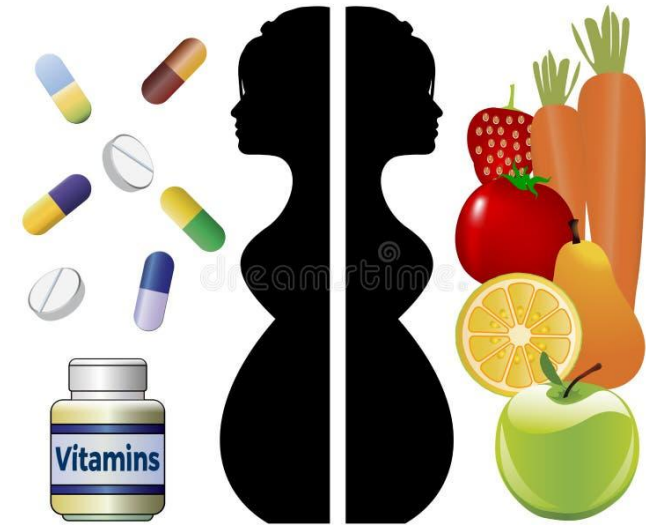
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# Nutrition During Pregnancy

During pregnancy, it is important to follow the recommendations and basic principles of a healthy diet.

Along with healthy eating, taking a daily prenatal vitamin is important. Your doctor will recommend the best option.

Talk to your doctor if you follow a vegetarian diet or have any medical conditions.



# Food Groups for Healthy Eating



## Fruits

Provide vitamins, minerals, and fiber.

**Examples:** banana, papaya, mango, apple, pineapple.

## Vegetables

Provide important vitamins, minerals, and antioxidants.

**Examples:** spinach, broccoli, carrots, pumpkin, tomatoes.

## Grains

Are the body's main source of energy.

Choose **whole grains** such as brown rice, oatmeal, or whole-grain bread

## Proteins

Help the baby's growth and development.

**Examples:** chicken, fish, eggs, beans, lentils.

## Dairy

Provide calcium for the baby's bones and teeth.

**Examples:** milk, yogurt, cheese, or fortified alternatives.

## Water

Essential for keeping the body hydrated.

Helps transport nutrients to the baby.

# Important Nutrients During Pregnancy

## Folic Acid

Helps prevent neural tube defects.

**Sources:** green vegetables, beans, and fortified cereals

## Iron

Helps prevent anemia and carries oxygen to the baby.

**Sources:** lean meats, spinach, lentils.

## Calcium

Important for the development of the baby's bones and teeth.

**Sources:** milk, yogurt, cheese.



## Proteins

Support the baby's tissue growth.

**Sources:** chicken, fish, eggs, legumes





## **Benefits of Healthy Eating During Pregnancy**

### **Maintaining a healthy diet during pregnancy can help:**

- Support the baby's healthy growth and development.
- Maintain adequate energy levels in the mother.
- Reduce the risk of anemia and gestational diabetes.
- Promote healthy weight gain during pregnancy.
- Contribute to a healthier pregnancy for both mother and baby.

# Vegetables and cultivated vegetables



An excellent source of fiber, vitamins, minerals, and antioxidants.



Eating vegetables provides health benefits and helps protect against certain cancers and other diseases.



They can be fresh, frozen, dried, or low-sodium canned.



## **Fruits**

They provide a wide variety of vitamins, minerals, and antioxidants.

Eating fruits provides health benefits and helps protect against certain cancers and other diseases

Eat a variety of fruits of all kinds, whether fresh, frozen, canned, or dried.

# Whole grains



They provide a high amount of fiber, vitamins, minerals, antioxidants, and carbohydrates.



Consuming whole grains supports weight management and helps reduce the risk of chronic diseases over time.



Choose whole-grain bread, oatmeal, brown rice, whole-grain pasta, and whole-wheat flour.

## Proteins

They provide essential amino acids for building, repairing, and maintaining tissues.

Choose lean pork, lean cuts of beef, turkey, skinless chicken, among other lean protein options

Substitute lentils, beans, soybeans, tofu, veggie burgers, and other plant-based options for meat.



# Dairy



They provide important nutrients such as protein, calcium, magnesium, zinc, vitamins, and other essential compounds.



Consuming dairy products is associated with a lower risk of cardiovascular disease, type 2 diabetes, and hypertension.



Choose traditional milk, soy milk, yogurt, cheese, and other dairy or fortified alternatives.

# Portion Control Examples



# During Pregnancy, Avoid The Following:



Raw or **undercooked meat, fish, or eggs.**



Fish with **high mercury content.**



**Unpasteurized** milk or dairy products.

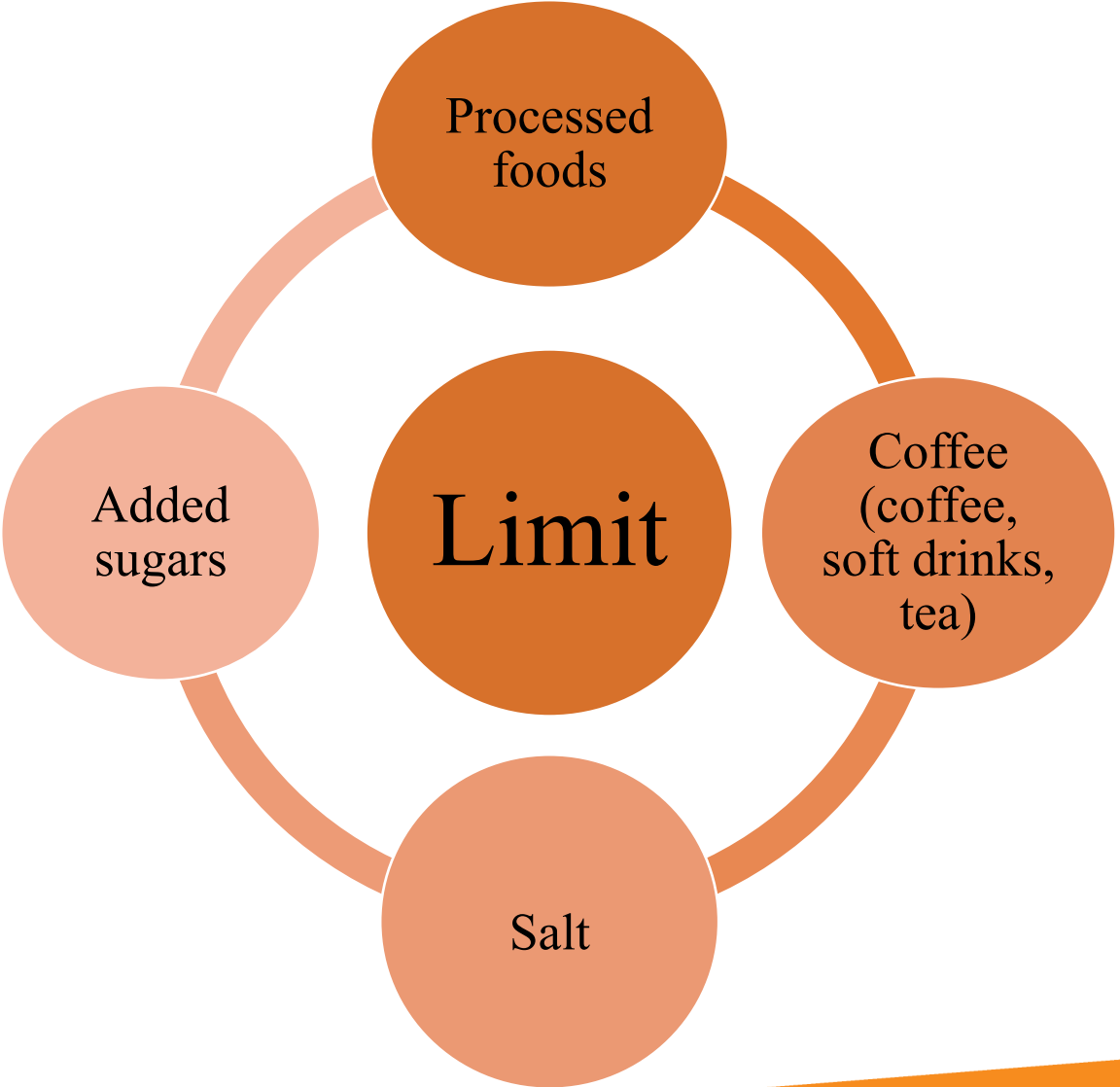


Sausages or deli meats without reheating (ham, salami, turkey).



Alcohol

# Limit These Foods And Drinks



# Healthy Snack Options for Pregnant Women

Healthy snacks help maintain energy throughout the day and provide nutrients important for the baby.



## Snack options:

Low-fat yogurt with fresh fruit

Apple or banana with peanut butter

Whole-meal crackers with low-fat cheese

Fruit smoothie with milk or yogurt

Carrots or cucumbers with hummus

A handful of walnuts or almonds

Oatmeal with fruit

# Recommended Pregnancy Weight Gain

During pregnancy, it is normal and necessary to gain weight, as it supports the healthy growth and development of the baby.

The recommended amount of weight gain can vary depending on pre-pregnancy weight:

**Low weight:**  
28–40  
pounds

**Healthy weight:** 25–  
35 pounds

**Overweight:**  
15–25  
pounds

**Obesity:** 11–  
20 pounds



# Recommendations for Managing Nausea and Heartburn with Diet

## To relieve nausea:

- Make small portions of food several times a day
- Avoid very fatty or spicy foods
- Eat light foods such as crackers, toast, white rice, or pasta without sauce
- Drink liquids between meals rather than during meals

## To relieve heartburn:

- Eating small portions of food several times a day
- Avoid fried, greasy, or very spicy foods
- Avoid going to bed immediately after eating
- Raise your head slightly when sleeping

# Get Physical Activity\*



Get moderate physical activity for at least 150 minutes per week.



Include mild to moderate muscle-strengthening exercises.



Limit time spent on sedentary activities.



\*Check with your doctor before starting

Maintain good hydration.

Ensure essential nutrients such as folic acid, iron, calcium, and protein.

Avoid foods not recommended during pregnancy.

Maintain a balanced diet with fruits, vegetables, grains, proteins, and dairy products.

**During pregnancy, it is key:**

Consult with a nutritionist for individualized recommendations.

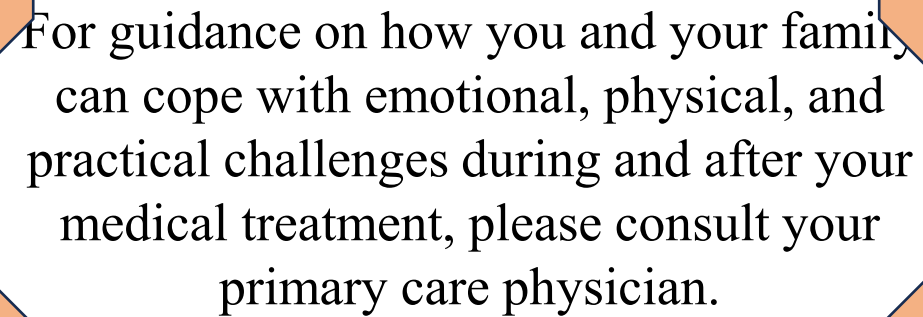


# References

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# Social and Emotional Aspect



For guidance on how you and your family can cope with emotional, physical, and practical challenges during and after your medical treatment, please consult your primary care physician.

# Available Service Lines

## **Medical Advice Line**

24 hours a day/7 days a week


1-844-647-7801

TTY/TDD: 1-844-347-7804

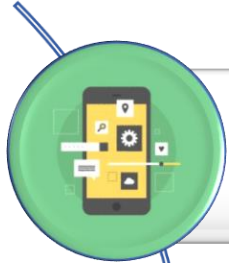
## **Customer Service**

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