

Pregnancy Nutrition Guide

At no time in your life is proper nutrition more important than it is during pregnancy. During this 9-month period, the nutrients you eat each day are broken down, absorbed into your bloodstream, and delivered at regular intervals to your developing fetus by way of the placenta. Because your baby is relying on you for all of her nourishment, it's vitally important for you to eat well enough for both of you.

Do I need to rethink how I eat during pregnancy?

Even if you generally eat well, you'll still want to pay attention to your overall diet. The cardinal rule is to eat nutritious, well-balanced meals, supplemented by an increased intake of energy (calories), protein, vitamin C, folic acid, calcium, and iron. Getting all the nutrients you need is often easier said than done, so this handout is designed to help. In addition, since your dietary needs will vary somewhat throughout your pregnancy, consider these specific nutritional guidelines at each stage, from preconception through Trimester 1, Trimester 2, and Trimester 3.

What foods should I give up?

Though you'll probably want to avoid bulking up on the empty calories of junk food for a start, there are a few other things pregnant women should definitely avoid:

- Prepackaged salads and coleslaw, pate, uncooked sushi, unpasteurized milk, and uncooked or undercooked meat and poultry. All are possible sources of parasites and bacteria.
- Alcohol. It's best to forego alcoholic beverages entirely during pregnancy. Don't worry if you had a few drinks before you knew you were pregnant, but stop now. Alcohol during pregnancy is believed to contribute to physical defects, learning disabilities, and emotional problems.
- Caffeine-containing beverages: Most women who drink coffee find they can't get near the stuff during the first trimester of pregnancy, and that's just as well, as animal studies have found a correlation between high caffeine consumption (more than 4 cups of coffee a day) and miscarriage. Additionally, a New Zealand study published in January 1998 found that drinking those same 4 cups of coffee per day (400 milligrams of caffeine) may make your baby twice as likely to die from SIDS. But caffeine lurks as well in teas, colas, chocolate, and soft drinks such as Mountain Dew and Dr. Pepper.

What foods should I consider indulgences or simply unhealthy choices?

Most foods can fit into a healthy lifestyle during pregnancy if they're part of a well-balanced diet. You don't have to completely eliminate sugar or bleached flour from your life, but they shouldn't be a mainstay of your diet either. Simply put, the closer a food is to its natural state--the less processed it is--the better it is for you. Complex carbohydrates--fresh vegetables, whole grains, beans--are better than simple, refined ones, like cookies or white bread. So, try whole grain bread rather than white, honey rather than sugar, dried fruit rather than pretzels or chips, and skip the artificial sweeteners altogether. Get in the practice of making healthy choices when cravings strike--before you know it, it will become a habit.

Is it okay to diet during pregnancy or while I'm trying to conceive?

It's not a good idea. In a society fixated on thinness, it's tough not to feel some dismay when you see a steady increase in your weight and size--even if it is good for the baby. But it's important to understand that ample pregnancy weight gain is one of the most positive predictors of a healthy pregnancy. Women who eat well and gain the appropriate weight are more likely to have healthy babies. Not only that, but dieting is potentially hazardous to you and your child; most weight-loss diets are nutritional folly and can leave you low on iron, folic acid, and other critical vitamins and minerals.

However, it is okay to attempt to lose weight while trying to conceive as long as you follow a balanced diet and pair your efforts with exercise. Artificial weight-loss techniques and extreme weight loss are often detrimental, especially when you're trying to get pregnant.

How much weight should I gain during my pregnancy?

Your optimal weight gain, rate of gain, and daily caloric intake depends upon your pre-pregnancy weight and height. Generally speaking, you should gain between 20 and 35 pounds over the course of your pregnancy. If you're underweight to begin with, you can stand to gain more weight; if you're overweight, you should gain a little less. (Use the weight gain chart that was given to you. Logging your food and exercise each day will help a lot.)

Should I take vitamin supplements?

The American College of Obstetricians and Gynecologists recommends that you get your necessary nutrients from good, fresh food whenever possible. However, many healthcare practitioners recommend that pregnant women do take a prenatal vitamin supplement during preconception, pregnancy, and breastfeeding. Whatever recommendations you follow, you should definitely start taking a prenatal vitamin or at least a folic acid supplement several months before you plan to get pregnant. During pregnancy, you may also need to take an iron supplement, and many healthcare practitioners recommend calcium supplements as well.

Women who are vegetarians, who have medical conditions such as diabetes mellitus or anemia, or who have a history of low-birthweight babies should talk to their healthcare providers about additional supplements that might be necessary.

What if I don't feel like eating?

Don't skip meals, even if you're not hungry. Your baby needs constant sustenance. Try to eat at least every 4 hours. If you're plagued by morning sickness or the thought of food makes you nauseated, try eating small amounts throughout the day.

How will I get rid of all those extra pounds after I give birth?

A good first step: During your pregnancy, follow a healthy, junk-free diet and have your doctor, midwife, or an exercise physiologist help you set up an exercise program. This will help ensure that you gain weight in an appropriate amount and at the right rate.

It's also important to remember that a lot of the weight you've been accumulating will be gone pretty soon after you give birth. The baby herself accounts for about 7 1/2 pounds (more or less, depending on when she's born), and the amniotic fluid, placenta, and extra body fluids and blood in your body add up to another 8 to 12 pounds. Also, your uterus and breasts have gotten bigger--that can add up to 4 to 6 pounds. So that doesn't leave too much for you to shed through a sensible post-pregnancy exercise program.

Trimester 1 Nutrition

During your pregnancy, your developing baby will rely on you for all the minerals, calories, proteins, vitamins, and other nourishment needed to build life. The first trimester is a particularly important phase--it's a time when you'll be laying the nutritional groundwork for fetal development.

Trimester 1 developments

During this period, you will nourish your baby as she grows from an apple-seed-sized dot to an embryo whose heartbeat is detectable--her nails are growing; her brain is blossoming; and her shoulders, hands, fingers, nose, lips, and ears are taking shape.

Weight gain

In this trimester, you'll need to consume about 150 extra calories a day. Your goal is to gain 2 to 6 pounds (although some women don't put on any weight in the first trimester, especially if they suffer from severe morning sickness). If you were underweight before your pregnancy, aim for the higher end of the range, and if you were overweight, aim for the lower end.

It's critical to follow the essentials of a sound diet. Strive for balance, cut out the junk, and get as much of your food as possible from fresh sources.

Key vitamins & minerals

- Your calcium and zinc needs increase by 50 percent over your pre-pregnancy requirements.
- The amount of iron and folate you should consume doubles. Talk to your doctor or midwife right away about getting any necessary supplements. Ideally, you should be taking folate before your pregnancy and through the first four weeks of gestation to reduce your baby's risk of neural tube defects, such as spina bifida.

Other vitamins and nutrients you'll need:

- Vitamin C
- Vitamin D
- B Vitamins--Thiamine and vitamin B6
- Magnesium
- Fluoride
- Iodine
- Phosphorus
- Chromium
- Potassium
- Manganese

Trimester 2 Nutrition

As you start to wear maternity clothes, and really begin to look pregnant, you may be endlessly reminded you're eating for two. True as that may be, the second one you're eating for is very tiny, and needs lots of nutrients--but not twice as much food! The best thing you can do to build a healthy new life is to eat well and gain the appropriate amount of weight.

Trimester 2 developments

During this period, you will nourish your baby as she grows to the 2-lb. Mark. Her eyelashes and brows will appear, she'll move and respond to sound, and she'll suck her thumb.

Weight gain

In this trimester, you'll need to gain about 1 lb. Every 7 days. Aim to consume between 250 to 300 calories more per day than you did before you were pregnant.

It's critical to follow the essentials of a sound diet and avoid junk food. Try to get as much of your food as possible from fresh and wholesome sources. Though vitamin supplements are nice insurance that you're getting the proper balance of vitamins and minerals, they can't make up for unhealthy eating habits.

Key vitamins & minerals

- Maintain your intake of calcium, folic acid, zinc, and iron.
- Increase your intake of vitamin C by one-third over your pre-pregnancy requirement.
- Boost your intake of grains and legumes by about a serving per day from now until you deliver. These fiber-rich foods--among them whole grain breads and cereals, black beans, and brown rice--are high in vitamin B and will help fight constipation.

Other vitamins and nutrients you'll need are:

- | | | |
|--------------|--------------|--------------------|
| • Vitamin D | • Iodine | • Copper |
| • Vitamin B6 | • Phosphorus | • Thiamine |
| • Magnesium | • Chromium | • Pantothenic acid |
| • Fluoride | • Potassium | • Manganese |
| | • Vitamin A | |

Trimester 3 Nutrition

Though you've no doubt been striving for a healthy diet throughout your pregnancy, it's during the third trimester that your baby's nutritional demands are the highest. The energy (calories), protein, vitamin C, folic acid, iron, and calcium you've been consuming all along are especially important now, in this final growth spurt before birth. Eating right will not only help ensure your baby's health and your own, but it can also help minimize some third-trimester discomforts, such as swollen ankles, heartburn, constipation, and hemorrhoids.

Trimester 3 developments during this period:

- You will nourish your baby as she grows from about 2 pounds to 7 1/2 pounds or more (and to a length of about 21 inches). Her skeleton will harden, she'll bulk up and add white fat (15% of body weight will be fat at birth), and antibodies will be transferred from you to her for protection after birth.
- Brain, muscles, bones, and fatty tissues are growing rapidly, and the liver, lungs, adrenal glands, and diaphragm are maturing. To meet the baby's increased demands, the placenta's ability to absorb and transport nutrients peaks in this trimester and then slowly declines before birth.

Weight gain

During this period, you will probably gain approximately 1 pound every week. You need to keep consuming about 250 to 300 calories more per day than you did before you were pregnant.

It's critical that you follow the essentials of a sound diet and avoid junk food. Strive to get as much of your food as possible from fresh and wholesome sources. Though a prenatal vitamin supplement is good insurance that you'll get enough vitamins and minerals, it can't substitute for a healthy diet.

Key vitamins & minerals

- Maintain your intake of calcium, folic acid, and iron.
- Your intake of vitamin C should continue to be about one-third greater than it was before you were pregnant.
- You still need an additional daily serving of grains and legumes from now until you deliver. These fiber-rich foods--among them whole grain breads and cereals, black beans, and brown rice--are high in vitamin B and will help fight constipation.

Other vitamins and nutrients you'll need:

- | | | |
|--------------|--------------------|--------------|
| • Vitamin D | • Iodine | • Potassium |
| • Vitamin B6 | • Phosphorus | • Riboflavin |
| • Magnesium | • Chromium | • Vitamin A |
| • Fluoride | • Pantothenic acid | • Copper |
| • Manganese | | • Thiamine |

Diet for a Healthier Pregnancy

No doubt, you want to eat nutritious, well-balanced meals. Though this task can seem daunting, with a little diligence and attention, you can make sure you're eating right for you and your baby. To be sure you're getting enough calories--and that those calories count for both you and your baby--you'll need to ensure that your diet includes sufficient calories, protein, vitamin C, folic acid, calcium, and iron, as well as the other vitamins and minerals necessary for growth and development. In general, choose foods you know are healthy--such as whole grains, fresh vegetables and fruits, and those that provide lots of calcium and protein.

To make sure you get all of the above plus other vital nutrients, you should consume daily servings from each of the food groups below--along with lots of fluids. A good goal is to have each day's 3 main meals include 1 serving of protein, 1 serving of a dairy product, 1-2 servings of fruits or vegetables, and 2-3 servings of grains or legumes. Snacks should include servings of fruits and vegetables.

Dairy products

Dairy products are the major source of calcium for your baby and his developing bones. Dairy products also supply protein, phosphorus, and vitamin D. You'll need 4 servings daily.

Fruits and vegetables

Green leafy and yellow vegetables and yellow fruits are good sources of folic acid, vitamin B6 (which helps battle morning sickness), riboflavin, vitamin E, and beta-carotene (which helps build cells). Other fruits and vegetables

contribute Vitamins A, C, panthothenic acid, manganese, boron, and potassium. You'll need 5 or more servings daily.

Grains and legumes

Breads, cereals, beans, and whole grains are a great source of complex carbohydrates and fiber, an important part of your diet. Complex carbohydrates help provide sustained energy over time because they are absorbed more slowly. Fiber is essential to good digestion and can reduce your chances of hemorrhoids and ease constipation. Many foods in this group are also loaded with iron, B vitamins, and such minerals as selenium, chromium, zinc, and magnesium. You'll need 9 servings daily.

Protein

Protein-rich foods are packed with cell-building amino acids, which you and your baby will need for development over the coming months. All animal proteins, such as meat, fish, and poultry, are complete proteins--that is, they have all 20 amino acids required by the body. Plant proteins, such as beans, need to be complemented with rice or another plant protein to provide all 20 amino acids. You'll need 4 servings daily.

Fats

In our fat-phobic times, it's hard to believe you should eat some each day during pregnancy. But you do, so choose monounsaturated fats, like avocados, olive oil, or peanuts, not over saturated ones, like bacon, butter, and cream. Even so, fats should be eaten sparingly--it's far easier to get them, hidden in other foods, than you might think. Though no more than 30 percent of your daily calories should come from fat, you'll need about four servings a day.

Fluids

The best thing you can drink is water. Plan on at least 48 to 64 ounces (that's 6 to 8 8-ounce glasses) a day. Liquids will help build your baby's body--which is mostly water--and will reduce your risk of constipation and swelling. Drinking fluids will become increasingly important as your pregnancy progresses, as dehydration can trigger preterm labor. So grab a big water bottle and drink up! (And avoid caffeinated beverages, whether colas or coffee.)

Additional Diet Notes From Beth Overton, CPM:

I am a believer in the value of whole foods! The more you get yourself away from processed foods, the healthier you and your baby will be. The more I learn to shop and cook with the whole foods myself, the better foods have tasted and the health benefits have been great. More and more I find myself shopping the perimeter of the grocery stores. You will notice the isles of most grocery stores are stocked with mostly prepackaged over-processed foods. If most of your groceries come from within the isles, you are probably eating too many processed foods.

Here are some examples of processed foods that have little food value and put too much weight on you and raise your risk of complications:

- ❖ White flour or things made from white flour such as white bread.
- ❖ White rice
- ❖ Pastas made from white flour
- ❖ White sugar
- ❖ Other processed sugars including, white corn syrup, "brown" sugar, almost all pancake syrups, powdered sugar and all things made with these sugars. The obvious ones are candy, cookies, cakes, pies, donuts and presweetened boxed cereals. But read labels and watch out because sugar is added to most processed foods. You don't have to avoid *all* processed sugar during a normal pregnancy, but be aware of where you are getting it and that it does add up.

- ❖ All canned vegetables and fruits! The canning process practically destroys most all of the many benefits of otherwise great foods. Sugar and other additives are also usually present. Get as many of your vegetables fresh or at least choose frozen as a second best choice. Always avoid canned foods. When ever you can, choose fresh instead.
- ❖ "Instant" meals in a box - These are of little food value and cost a LOT more, too. A good example of this is boxed macaroni and cheese. Try whole wheat macaroni (or at least organic vegetable based) and use fresh cheese and milk. We bake it like a casserole and my family loves it. It costs a fraction of what the boxed kind does and the food value is a lot better.

Good whole foods are abundant, but most of us have been taught little about them or how to use them. Don't be afraid to try new things. I am often surprised by a new meal that I had never tried before. Here are a few examples of some good whole foods to begin with:

- ❖ First learn to like whole grain breads. Read the label. We have found a rather cheap brand of 100% whole wheat bread that we use for sandwiches, etc. Make sure the label says 100%! Most "whole wheat" breads are mostly white flour! It's a very deceptive marketing technique to save money and improve shelf life. Unfortunately, these breads are hardly better than plain white bread.
- ❖ Whole-wheat pastas, brown rice pasta and spelt pasta -- all of these metabolize slower in your blood and therefore are better for you. This is especially helpful if you have any blood sugar problems. Because they are whole grains, the food value is not lost. The secret to cooking whole grain pastas is to NOT undercook them. If they are undercooked they taste "grainy" and most people don't like that. My family had to switch to whole-wheat pasta because of diabetes and hypoglycemia. At first it was an adjustment, especially until I learned how to cook it well. But we all have noticed now that white pasta has little taste appeal to us anymore.
- ❖ All fresh vegetables and fruits with one exception and that's iceberg lettuce. Iceberg lettuce is mostly water. Stick to dark greens and the darker the green, the more food value.
- ❖ Nuts: Try pine nuts roasted with garlic. Sprinkle them on salads and pastas and vegetables. They are rich in protein. Sun flower seeds are good, but get the kind with less salt. Peanuts are great but it's very important to get organic. Peanut butter: no sugar added and organic please.

A few words about meats milk and cheeses:

- ❖ Avoid lunchmeats, hot dogs and fast food meats. These all contain nitrates and nitrates are really bad for you, especially during pregnancy. You will even find a warning from the FDA concerning nitrates.
- ❖ Avoid red meat OR buy "natural" meat only. The hormones added to our meat are not good for you or baby. These hormones are used to help grow bigger fatter cows. You really don't want your baby getting them. Same thing goes for chicken, but "natural" chicken is easier to find than beef. The hormones stay in the fat. So if you do eat unnatural meat, avoid the fat.
- ❖ Since the hormones stay in the fat, they are also in all milk products from the treated cattle. Finding organic or natural cheese in Corpus is expensive. I recommend using Ozark coop if you want better cheeses at a decent price. Otherwise, use low fat or skim cheese to avoid the most hormones.
- ❖ The same is true with milk. You can get "Promise Land" milk which is free of the hormones. If the price is a little much for your budget, try mixing whole Promise Land with skim regular milk. This will give you a "reduced fat" milk with few hormones and at an affordable price.

High Protein Treats:

Quick Protein Shake:

Mix 1 scoop of whey protein powder with 1 cup of orange juice or milk. (I prefer the taste of orange juice personally.)

Greek Yogurt:

Greek Yogurt has twice the amount of protein as regular yogurt and it tastes much better, too. Mix in 1 tablespoon of Organic Agave Nectar for a wonderful treat. Agave nectar is a wonderful alternative to over processed sugars. Adding a little fruit will also add variety. Ask me how I make my own homemade Greek Yogurt. It's super easy!

Good "Sugar" Alternatives:

- ❖ Brown rice syrup -- this is great stuff! It metabolized real slowly and even diabetics can have it in small amounts.
- ❖ *Agave Nectar* – Buy only the certified organic though. Most Agave Nectar comes from outside the USA. So you want only US Certified Organic. Like brown rice syrup, agave nectar won't raise the blood sugar. It also makes an excellent substitute for pancake syrup.
- ❖ Fresh fruits
- ❖ The fruit protein shake or Greek yogurt is a good substitute for ice cream or other shakes.
- ❖ When you crave sweets, try one of these alternatives before giving into old habits. Also try something with protein and wait to see if the craving diminishes. Sometimes we crave sweets just because we want some quick fuel and once we get some nourishment, we feel better. Also sometimes we crave things at a particular time of the day. If we can just get past that time, we do better.
- ❖ Fruit juice is fine, but should be limited. It is easy to go overboard with juices. Eat a piece of fruit instead of drinking juice.

AVOID:

- ❖ All artificial sweeteners! They are chemicals and very bad for you, not to mention dangerous for a developing baby.
- ❖ Honey is natural but should not be used too much if you are trying to keep your blood sugar in balance. It is even quicker to metabolize than white sugar. Of course it is probably better for you than white sugar. Just take it easy with using honey and try the brown rice syrup or *Agave Nectar* instead.
- ❖ Anything made with only white flour. Choose whole grain products when ever possible. Use brown rice instead of white, 100% whole wheat bread instead of white bread. Some "whole wheat" breads are still mainly white flour. So be sure and read the ingredients label. If it doesn't say 100%, then it probably is mostly white flour.
- ❖ White pasta – try 100% whole grain pasta instead. Cook it a little longer for better flavor. *Ronzoni Healthy Harvest* makes a 7 grain blend pasta that is very good and high in protein, too.

PROTEIN COUNTER

A great website for counting and logging calories & nutrition is www.caloriecount.about.com

FOOD	AMOUN	GRA	FOOD	AMOU	GRAM
DAIRY PRODUCTS			BEANS		
milk	1 cup	8	Navy	3/4 cup	11
buttermilk	1 cup	8	Red or Pinto	1 cup	15
yogurt	1 cup	8	Lentils	1 cup	15
Greek yogurt	1 cup	20	Soybeans	1 cup	22
Cheddar, grated	1/2 cup	14			
eggs	1 med.	6	GRAINS		
Whey Protein Powder	1 scoop	23-25	Whole Wheat. Bread	1 slice	2
Cottage Cheese	1 cup	30	Corn Bread	1 slice	3
MEAT AND POULTRY			Corn Flakes	1 cup	2
bacon	1 slice	2	Farina	1 cup	3
pot roast	3 oz.	23	Oats or oatmeal	1 cup	5
hamburger	3 oz.	24	Wheat pancakes	4	7
steak	3 oz.	20	Popcorn	2 cups	3
chicken	3 oz.	23	Brown rice	1 cup	15
pork chop	1 thick	16	Shredded Wheat	1lg biscuit	3
ham	2 oz.	13	NUTS & NUT PRODUCTS		
turkey	3 oz.	25	Almonds	1/2 cup	13
FISH & SEAFOOD			Cashews	1/2 cup	12
fish sticks	5	19	Peanuts	1/3 cup	13
Oysters	6-8 med.	8	Peanut Butter	1/3 cup	3
salmon	3 oz.	17	Pecans	1/2 cup	5
shrimp	3 oz.	23	Sesame Seeds	1/2 cup	9
swordfish	1 steak	27	Sunflower Seeds	1/2 cup	12
tuna	3 oz.	25	Walnuts	1/2 cup	7
tilapia	4 oz.	21	<p>Some fruits and vegetables do contain small amounts or a trace of protein. I did not include them on this list because the content is minimal. However, Do NOT underestimate the value of these foods. Fresh fruits and vegetables provide essential vitamins and minerals. And these vitamins and minerals are vital to growing healthy babies and they also help you absorb and digest protein.</p> <p>So, be sure to eat plenty of green, yellow (or orange) vegetables and fruits EVERY day!</p>		
SOUPS , CANNED & DILUTED					
Bean Soups	1 cup	8			
Beef and Vegetable	1 cup	6			
Chicken or Turkey	1 cup	4			
Clam Chowder	1 cup	5			
Cream Soups	1 cup	7			
Split Pea	1 cup	8			
Vegetarian Vegetable	1 cup	4			

Suggestions for “sneaking” more protein into your diet:

- When cooking oatmeal, add a raw egg right before it finishes cooking. The texture will be smoother and less “slimy” than regular oatmeal. And the flavor is more like pudding. Just stir well while it cooks.
- Sprinkle cheese crumbles, sunflower seeds or pine nuts over your salads.
- Add a boiled eggs to salads.
- Add sunflower seeds and fruit to cottage cheese.
- Try some of the protein shake recipes I’ve given you.
- Use Greek Yogurt instead of regular yogurt – more than 2x the protein!
- Use all whole grains rather than processed grains.

Here are three samples of how you can get at least 80-100 grams of protein in a day. (Please note that these are not complete menus – only examples of how to use high protein foods each day.)

Breakfast		
1	Egg	8
1 cup	Milk	8
1 slice	Whole Wheat Toast	2
Total for breakfast		18
Lunch		
3 oz	Tuna salad made with one small can of tuna	25
Total Lunch		25
Dinner		
3 oz	Chicken	23
Total Dinner		23
Snacks		
½ cup	Almonds (snack)	13
1	Protein shake made with whey protein powder	24
Total Snacks		37
Daily Total		103 grams

Breakfast		
1 cup	Oatmeal	5
1	Egg (it can be added to your oatmeal)	6
1 cup	Milk	8
Total for breakfast		19
Lunch		
1 cup	Pinto beans	15
1 slice	Corn Bread	3
Total Lunch		18
Dinner		
3 oz	Pot Roast	23
Total Dinner		23
Snacks		
½ cup	Cashews (snack)	12
1	Protein shake made with whey protein powder	24
Total Snacks		36
Daily Total		96 grams

Breakfast		
1	Protein shake made with whey protein powder	24
Total for breakfast		24
Lunch		
1 cup	Cottage Cheese	30
Total Lunch		30
Dinner		
1 cup	Brown Rice	15
3 oz	ham	19
Total Dinner		24

Snacks		
½ cup	Cashews (snack)	12
½ cup	Sunflower Seeds	12
	Total Snacks	24
	Daily Total	102 grams

Using Protein Powder

The best advice I can give you about using protein powder is to get creative. Don't just mix it with water or milk! You will be disappointed in the flavor. It has been my experience that if you follow the manufacturer's directions the flavor is pretty disappointing. For example Chocolate doesn't taste much like chocolate. I have learned to stick with plain vanilla and add own my fresh natural flavors and found I can make some very tasty shakes this way.

Protein & OJ shake (Similar in taste to an Orange Julius) –

Mix the following into a hand shake drink mixer (or jar) and shake. Drink immediately. You do not need a blender to prepare this shake. You can use a jar with a tight lid but it works much better if you purchase one of those hand shakers, the kind that has a paddled insert that can break up the lumps when you shake it.

- 1 scoop of vanilla flavored whey protein powder
- 1 cup of orange juice

Green Protein & Fiber OJ Shake –

This is a variation of the previous drink. Mix the following into a hand shake drink mixer or blender and shake or blend. Drink immediately. Psyllium husks add fiber and help prevent constipation. It is important to also drink one full glass of water after the shake if you add psyllium husks so that the husks can expand properly in your stomach. The liquid chlorophyll will boost your iron count and help prevent anemia. You can add either or both of these optional ingredients and it still tastes good.

- 1 scoop of vanilla flavored whey protein powder
- 1 cup of orange juice
- 1 tablespoon of psyllium husks (optional)
- 1-2 tablespoons of liquid mint flavored chlorophyll (optional)

Fruit Smoothie with Protein

You do need a good blender to mix this one. Add the following ingredients to a blender and blend. Drink immediately or freeze for a frozen treat later. If you want extra sweetness try adding some stevia or agave nector for healthier sweetness. Blueberries and bananas are sweeter fruits. So using them will make the drink sweeter naturally. Bananas if frozen first will make the consistency more like ice cream.

- a few handfuls of frozen fruits (your choice: strawberries, blueberries, bananas, peaches, etc.)
- 1 scoop of whey protein powder
- 1 cup of milk, almond milk or rice milk (no soy please)
- 1 tablespoon of liquid chlorophyll or spirulina (optional greens)

Other uses for protein powder

- Add a scoop or two to pancake batter before making pancakes.
- Add a scoop or two to corn bread or cookie recipes.

Good Food Sources of Iron

BREADS, CEREALS, & OTHER GRAIN PRODUCTS

FOOD	SERVING	MG
Product 19	1 cup	18
Total	1 cup	18
Most	1/2 cup	18
40% Bran Flakes	1/2 cup	8.1
Rice Bran	1/4 cup	4.8
Rice Polishings	1/4 cup	4.4
Rice, enriched	1/2 cup	.9
Wild Rice	1 cup	6.7
Whole Wheat Bread	1 slice	.8
White Bread	1 slice	.6
Millet (cooked)	1 cup	3.9
Miso	100 gm	60

MEAT, POULTRY, FISH, AND ALTERNATES

Liver, Lamb, boiled	3 1/2 oz	17.9
Oysters	1/4 cup	10
Liver, Beef	3 oz	8
Hamburger	3 oz	3
Baked Beans, w/molasses	1/2 cup	3
Tuna	3 oz	1.6
Egg, whole, medium	1	1.2
Peanut Butter	2 teas.	.6

DRY BEANS, PEAS, LENTILS

Pinto beans	1 cup cooked	6.1
Tofu	4 oz	2.3
Lentils	1 cup cooked	4.2
Lima Beans	1 cup cooked	5.1
Black-eyed Peas	1 cup cooked	3.5
Black Beans	1 cup cooked	7.9
Navy Beans	1 cup cooked	5.1
Soybeans	1 cup cooked	4.9

Split Peas, green	1 cup cooked	3.4
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VEGETABLES

FOOD	SERVING	MG
Spinach	1 cup cooked	4.0
Green Peas, fresh	1 cup	2.9
Beet greens	1 cup cooked	2.8
Butternut Squash	1 cup baked	2.1
Sunchokes	4 small	3.4
Chard	1 cup cooked	2.6
Tomato Juice	1 cup	2.2
Kale	1 cup cooked	1.8
Acorn Squash	1/2 baked	1.7
Potato	1 lg. cooked	1.4
Brussel Sprouts	8 cooked	1.7

FRUITS

Prune Juice	1 cup	10.5
Raisins	1/2 cup	2.6
Dates	10 medium	2.4
Prunes	5 cooked	1.8
Strawberries	1 cup	1.5

NUTS AND SEEDS

Pumpkin Seeds	2 Tbs.	2.0
Sesame meal	1/4 cup	2.4
Sunflower seeds	1 cup	10.3
Pistachios, shelled	1 cup	8.7
Almonds	1 cup	6.7
Cashews	1 cup	5.3
Brazil Nuts	1 cup	4.8
Hazelnuts	1 cup	4.6
Macadamia nuts	1 cup	3.2
Peanuts	1 cup	3.2
Walnuts	1 cup	3.1

OTHER

Blackstrap Molasses	1 Tbs.	3.2
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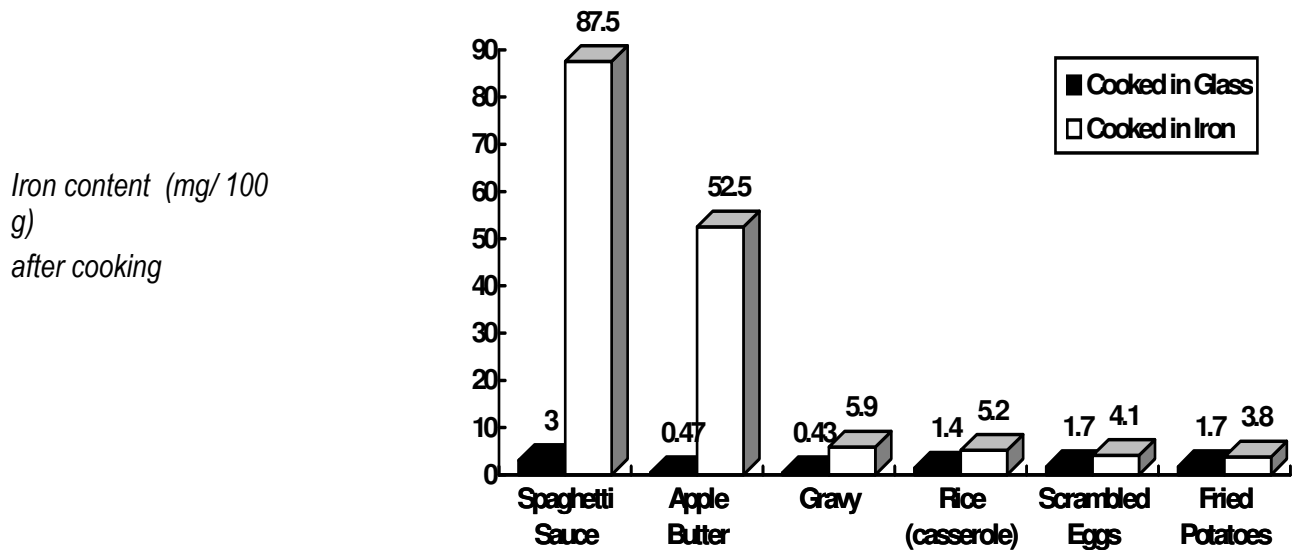
Your goal is to get 18+ milligrams of iron each day. Always try to include food high in Vit. C and B vitamins to help with the absorption of iron. Iron is essential to prevent anemia in both mom and baby. It helps the mom guard against excessive blood loss during birth. Adequate iron also guards against miscarriage and fetal malformation.

Iron deficiency can lead to feeling tired, lack of endurance, a pale complexion, shortness of breath, dizziness, headaches and depression.

1. Take Iron supplements after meal to avoid stomach upset.
2. Take with a handful of nuts, or juice.
3. Remember, sugar neutralizes hydrochloric acid and protein stimulates its production.
4. Alternatives, and easy to assemble forms of iron are chlorophyll, yellow dock and alfalfa. They are available in liquid form from your health food store. Chives are high in vitamin C and iron, (chop up and sprinkle on salads or over food. In order to receive maximum benefit, chives must be eaten fresh.)

IRON CONTENT & IRON COOKWARE

Cooking in cast Iron can greatly increase the iron content in foods. The following chart gives several examples. The longer you cook the food and the higher the vitamin C content the higher the absorption of iron.



<i>Cooking time</i>	3 hr.	2 hr.	45 min.	20 min.	3 min.	30 min.
<i>Increase in Iron</i>	29 X	112 X	14 X	3.7 X	2.4 X	8.4 X

"Celtic Sea Salt® is the whole, unprocessed, natural salt I always recommend."
Lynne August, M.D.

"We recommend a natural, unrefined salt called Celtic Sea Salt® ... it includes many trace minerals including sodium chloride and magnesium salts."

Jordan Rubin, N.M.D. and
Joseph Brasco, M.D.

"I've enjoyed using Celtic Sea Salt® for several years now. It enhances the flavor of whole foods and provides me and my family with a superior source of trace minerals."

Christiane Northrup, M.D.

"Many illnesses are caused or exacerbated by trace-mineral deficiencies. These can be avoided by the liberal use of Celtic Sea Salt® in your cooking and the complete avoidance of all other salts, all of which contain only pure sodium chloride."

Thomas S. Cowan, M.D.

"The coarse Celtic Sea Salt® is truly stunning. It adds a clean refined note to the food, and helps to enhance natural flavor. I've had a love affair with this product for over 10 years."

Chef Charlie Trotter,
Charlie Trotter's Restaurant

The Original Brand™ is the most trusted brand. Celtic Sea Salt® Brand is referenced in more culinary and nutritional books and journals than any other salt in the world.



THE SHAKEDOWN Celtic Sea Salt® Brand vs. Table Salt

The salt normally used in most homes and restaurants is very different from nature's original seasoning, Celtic Sea Salt® Brand. Table salts are mined from the earth with bulldozers & heavy machinery, often resulting in a negative environmental impact. The salt is then iodized, bleached and diluted with chemical anti-caking agents. The end result is a far cry from naturally pure Celtic Sea Salt® Brand.

The artisan's special care and the miracle of nature join forces to create the phenomenon that is Celtic Sea Salt® Brand. Try it for yourself and see why thousands of people around the world have come to revere flavorful & healthy Celtic Sea Salt® Brand.

For more information
&
a free sample
call 800-867-7258
or visit

celticseasalt.com

There you can learn more about
**The Grain & Salt Society®,
Celtic Sea Salt® Brand,**
and our commitment to health & nutrition.
We offer grinders, healthy foods, supplements,
tools, and educational materials.

SINCE 1976

CELTIC SEASALT® BRAND

Nature's Original Seasoning™





The Original Brand™

Celtic Sea Salt® Brand is authentic, unprocessed whole salt from one of the most pristine coastal regions of France. Since 1976, Celtic Sea Salt® Brand has been harvested by the paludiers (salt farmers) of Brittany using a farming method that preserves the purity & balance of ocean minerals. Using Celtic Sea Salt® Brand for all your cooking needs will enrich the taste of your foods while adding vital nutrients to your diet.

Why Celtic Sea Salt® Brand?

Celtic Sea Salt® Brand is highly recommended by many health professionals and culinary chefs. It's no surprise why. Celtic Sea Salt® Brand is hand harvested and dried by the sun and wind. It contains no anti-caking agents, bleaching agents or other additives. It contains a natural balance of minerals and trace elements and is unmatched in its flavor.

Celtic Sea Salt® Brand is a beneficial addition to your diet. The composition of our blood plasma, lymphatic fluid and extra cellular fluid all mirror the chemical balance of the ocean water from which it is derived. The human body uses the minerals & trace elements in Celtic Sea Salt® Brand to create electrolytes, maintaining these "internal oceans" which are vital to the proper functioning of every system in the body.

Celtic Sea Salt® Brand Varieties

Available in three varieties, each variety comes in resealable bags and shaker jars. Celtic Sea Salt® Brand is certified by Europe's Nature et Progrès to be free from pesticides, herbicides and harmful chemicals and is certified Kosher.

Light Grey Celtic® Sea Salt

Light Grey Celtic® Sea Salt is a coarse, moist salt that gets its light grey hue from the pure clay lining of the salt pans it is harvested from. It may be ground with a mortar and pestle or in a ceramic salt grinder. It is great for cooking because the crystals dissolve with heat & moisture and food is enhanced by its assertive flavor.



Fine Ground Celtic Sea Salt® Brand

Fine Ground Celtic Sea Salt® Brand begins as Light Grey Celtic®, and is then dried at a low temperature and finely ground. It works well as an all-purpose shaker salt and as a recipe ingredient.



Flower of the Ocean®

Flower Of The Ocean® is a natural phenomenon of the salt flats of Northern France. When the weather conditions are just right, these small, delicate crystals form naturally on the surface of the salt brine.



Flower Of The Ocean® is one of the finest salts in the world. It has an elegant, complex and delicate flavor balanced with a hint of sweetness. Top chefs use Flower Of The Ocean® for its subtle characteristics and ability to enhance flavor. Use Flower Of The Ocean® as a finishing salt.

The Finest Quality Salt Available

Less than 1 % of the world's salt harvest has the extraordinary quality of Celtic Sea Salt® Brand. We work with only the finest paludiers, true artisans in the craft of salt farming. Each salt harvest is carefully inspected, and the cream of the crop is hand selected to bear the name of Celtic Sea Salt® Brand.

Storing Celtic Sea Salt® Brand

Celtic Sea Salt® Brand is best stored in a ceramic, glass or wood container with a loose fitting lid that allows the salt to breathe.