

## **Nutrition Rules to Remember When Pregnant:**

**Rule #1** – Drink lots of water, water, and more water!

How much water do you need? What do you weigh? Take your weight in pounds and divide by half. The number you get is how many ounces of water you need every day (whether you are pregnant or not). Drink even more water when nursing!

Drink filtered water, NOT tap water. Spring water is even better. Do not use distilled water though because it is missing important nutrients.

Avoid caffeine and sodas! If you are drinking enough water, you probably won't even miss the other drinks.

**Rule #2** – Go no more than 3 hours without eating something healthy! Better to have 5 or 6 small meals every day than to have only 2 or 3 big meals with no healthy snacks in between.

**Rule #3** – Avoid processed sugars!

This includes white sugar, brown sugar, any kind of granulated sugar, corn syrup or corn syrup solids, honey and any other processed sugar. This includes anything made with these sugars, too.

Also in this category are a few other easily digested carbohydrates. Avoid anything with processed white flour in it. This includes breads, pastries and pastas. Good substitutes are whole grain products. 100% whole wheat is good but other 100% whole grains are even better. Also eat only a few white potatoes and bananas. Both are also easily metabolized quickly as sugar.

**Rule #4** – Eat at least 5 or 6 servings of fresh fruits and vegetables every day!

Most people find that if they really get this many fresh fruits and vegetables every day, they aren't as "hungry" for the empty unhealthy foods. So, make sure you follow this rule every day.

**Rule #5** – Get at least 60 grams of protein every day.

Protein does not just come from meat or meat products. Get your proteins from various sources including beans and nuts. Fish is also an excellent choice because it has the omega 3 fats as do most nuts. (Also see protein & omega 3 handouts.) When buying meat, choose natural low fat meats that have been raised without harmful hormones.

Milk and cheese is also best when bought organic and without hormones.

**Rule #6** – Make sure to get Omega 3 fats in your diet. Do NOT go on a low fat or non-fat diet. Your baby's brain needs the good fats! You may take supplements to get these fats. However it is important to discontinue use of all Omega 3 supplements during the last 4 weeks! Supplements could make you more likely to bleed after birth. Naturally occurring Omega 3 fats found in food will not do this.