

## Calcium:

Pregnant women need 1200 mg of calcium a day.

(You can get that in 3 servings of dairy)

What is calcium good for?

## Protein:

Pregnant women need 60-80 grams of protein a day.

(That's 2 servings of high protein foods (meat, fish, soy) or 4 servings of food like nuts, eggs, peanut butter.)

What is protein good for?

## Iron:

Pregnant women need 30 mg of iron per day. Iron helps your blood carry oxygen through your body and to baby. Iron also helps you avoid symptoms of tiredness, weakness, irritability and depression.

What are good sources of iron?

## Exercise:

What are some guidelines for exercise in pregnancy?

What should you do / what shouldn't you do?

Protein helps cells to grow, helps build and repair tissues. Needed to build blood, amniotic fluid, placenta... all cells!

Exercises you should do: low-impact exercise (e.g. walking, swimming, yoga, water aerobics)

Avoid things with high risk of falls: bike riding, horseback riding, gymnastics

Drink plenty of fluids, and stop if it hurts, you're dizzy, or having trouble breathing.

Calcium is good for strong bones and teeth, for regulating mom and baby's heartbeat, allowing blood to clot normally, and helping muscles and nerves function properly.

Best sources of iron:

- Red meat
- Chicken, turkey, fish, eggs
- Leafy green veggies
- Dried beans and peas, lentils, soy
- Grains that are fortified with iron

Vitamin C helps your body absorb iron, so take them together.

We've all heard to avoid alcohol during pregnancy.

Why? What are the risks of alcohol?

Fish is a great source of essential fatty acids, but there is concern about mercury in fish. How much fish is recommended for pregnant women?

They say "a little caffeine is OK" in pregnancy, but "LOTS" of caffeine *may* cause miscarriage or low birth weight.

How much caffeine is OK during pregnancy?

Which raw, undercooked, or unpasteurized foods should be avoided to reduce exposure to food-borne bacteria?

It is recommended that pregnant moms limit caffeine to no more than 150 – 300 mg per day. (150 mg is one cup of regular coffee, two cups of black tea, a large soda, or 4 chocolate bars)

Alcohol has been linked to premature delivery, mental retardation, birth defects and low birth weight babies. There is no known safe amount. The risks of alcohol are highest in the first trimester.

To avoid food-borne bacteria

- Avoid raw fish, especially shellfish - like oysters and clams.
- Avoid *unpasteurized* cheeses such as Mexican-style fresh cheese. Soft cheese can be OK if pasteurized.
- Avoid hot dogs or deli meats (or heat them till they're steaming hot before you eat them.)

Current recommendations from the FDA/EPA say pregnant women should limit fish to 12 ounces a week (no more than 6 ounces of tuna.)

Pregnant women should avoid: shark, swordfish, king mackerel, and tilefish.

We've all heard that smoking during pregnancy is bad for baby.

But why?

What problems might it cause?

If baby only weighs 7 or 8 pounds, why do women typically gain 30 pounds during pregnancy? What makes up the rest of the weight?

Is it OK to have sex during pregnancy?

Are there cases where you should not have sex during pregnancy?

Is stress during pregnancy risky for baby?

Extra fluid in tissues: 5 pounds  
Increased blood volume: 3 pounds  
Amniotic fluid: 2 pounds  
Uterus: 2 pounds  
Placenta: 2 pounds  
Breasts: 1 – 2 pounds  
Extra fat stores: 5 pounds

2/3 of preterm labor contractions due to stress.

A high degree of stress during pregnancy can increase the chances of miscarriage, high blood pressure, preterm labor, low birth-weight babies, and having a child with ADHD.

Milder stress has milder effects, but it is still best to find ways to reduce stress during pregnancy.

Smoking increases the risk of:

- preterm labor
- low-birth-weight babies
- conditions which may lead to emergency cesareans, and
- Sudden Infant Death Syndrome

The more mom smokes (or others around her smoke), the greater the risk. The sooner she can cut down or quit, the better for baby.

Sex during pregnancy is generally OK as long as mom isn't having preterm labor, and her bag of waters has not broken.

(It is normal to have false labor contractions when you orgasm, but they should stop later.)

It is essential to protect yourself against sexually transmitted diseases during pregnancy, as new STD infections can be very dangerous to growing babies.

What are some of the risks for babies if pregnant moms are using illegal drugs?

What are some of the benefits of exercise during pregnancy?

What are the benefits of prenatal care?

What do you need to do to prepare your body for breastfeeding?

## Benefits of exercise:

Improved circulation

Decreased swelling

Decreased Stress

Increased sense of well-being

Increased Endorphins

Increased Endurance

Promotes sleep

## Side effects of drugs may include:

miscarriage, premature labor, babies who are born addicted, growth retardation, breathing difficulties, brain damage, and infant death.

Expectant mothers need to do almost nothing to prepare for breastfeeding! Their bodies do most of the work on their own, and begin producing breastmilk as early as 26 weeks of pregnancy.

What you can do to prepare: learn more about how to breastfeed, find sources of support for breastfeeding. If you've had previous breast surgery, or have questions about medication, or other issues, call a breastfeeding hotline before your baby is born to get more info.

Prenatal care appointments provide education about healthy pregnancy and prevention of complications, and allow for early detection and treatment of complications for mom and baby.

Prenatal care significantly reduces the risk of pre-term birth, low birth-weight babies, infant death, and maternal death.