

Healthy Pregnancy Guidelines

Congratulations on your exciting news! As your Naturopathic Doctor I am excited to be a part of this journey. As you progress through the trimesters we will work together to create a healthy environment for you and your baby. Here are some general tips to get you started.

Diet

What to avoid during pregnancy:

- **Raw Fish and Shellfish:** they can contain harmful bacteria and viruses
- **Soft Cheeses:** (brie, feta, blue cheese, camembert). They contain unpasteurized milk and can cause listeriosis which can harm your baby.
- **Raw eggs:** can contain salmonella
- **Caffeine:** including coffee, tea, pop as it is linked to miscarriage and low birth weight
- **Miscellaneous Meat:** Liver, lunchmeats, raw meats. These can also contain listeria.
- **Fish:** Eat fish low in mercury as often as possible (Catfish, butterfish, crab, clam, haddock, herring, wild pacific salmon, scallops, shrimp, tilapia, trout) and **limit** consumption of fish high in mercury (sea bass, bluefish, mackerel, grouper, tuna, swordfish, shark, tilefish, orange roughy, marlin)
- **Processed foods:** for a healthy mom and baby limit boxed, canned and packaged items.

What to eat during pregnancy:

- **Plenty of Fruits and Vegetables.** You should be eating up to 12 servings a day of bright, colorful fruits and vegetables and leafy greens. It is best to consume organic especially if eating from the “dirty dozen” list of high pesticide containing produce including apples, celery, cherries, pears, lettuce, tomatoes, cucumbers, grapes, peppers, nectarines, peaches, potatoes, spinach, strawberries, kale, collard greens and zucchini.
- **Protein:** Your protein consumption should increase to about 1.1g/kg of your body weight. Protein sources (if non vegetarian) can include cooked meats and eggs, pasteurized dairy products, nuts and seeds, legumes and if necessary protein powders.
- **Whole grains:** Nutrient density is important in pregnancy and carbohydrate sources should not include white processed grain products like white rice, white breads and white crackers.
- **Water:** try to drink at least 2 liters of purified water a day. Plenty of water can decrease food cravings as dehydration is often mistaken for cravings.

Cravings

A healthy weight and blood sugar level is important in pregnancy so controlling cravings is a key aspect to a healthy mom and baby. When craving sugar try to eat fruit instead of cookies and ice cream. When craving salt, instead of reaching for potato chips, try eating some nuts and seeds. If need be, eat craving foods in moderation (example: 1 tbsp of ice cream, ¼ chocolate bar etc.)

Exercise

If you were active before pregnancy, try to keep a similar level of activity. If not, start with low intensity exercise such as walking or prenatal yoga. Consistency is key. If you were sedentary prior to pregnancy don't start doing marathons and if you were a body builder don't become a couch potato.

Nausea

Some tips to decrease nausea include having a healthy snack at your bedside to eat upon waking, eating 5 small meals a day, eating adequate protein, ginger tea or ginger chews.

If your nausea limits your food consumption in the day, ensure your choices include nutrient dense items. Don't spend the day eating soda crackers, as this will increase nausea and limit nutrients to you and your baby.

If your nausea is not controllable talk to your Naturopathic Doctor about appropriate supplements and doses as well as other therapeutic techniques.

Other

- Don't drink Alcohol
- Don't clean the cat litter
- Don't lift heavy items (unless this is a part of a well-established exercise routine)

Congratulations!



Resources:

Websites:

www.americanpregnancy.org

www.babycenter.com

<http://www.motherisk.org/women/>

<http://www.sproutright.com/>

<http://www.mayoclinic.com/health/pregnancy-week-by-week/MY00331>

Help lines to call if you have questions:

1-877-327-4636 Alcohol and Substance

1-800-436-8477 Morning Sickness

1-888-246-5840 HIV and HIV Treatment

1-877-439-2744 Motherisk Helpline

Books:

“Sprout Right” by Lianne Phillipson-Webb

Ina May’s “Guide to Childbirth”

“The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth” by Penny Simkin

Smart phone apps:

Baby Center “My Pregnancy”

Baby Center “My Baby”

