

PROGRAM WORKBOOK

Prenatal Nutrition





Welcome

Prenatal Nutrition Program

This program is designed to help you achieve optimal nutrition before, during, and after pregnancy.

Discover the most up-to-date food and nutrition strategies to support you and your baby throughout your entire pregnancy. You will learn where to focus your nutrition efforts and simple ways you can begin implementing right away.

As you watch the course videos, have this guide handy (we recommend printing). Be sure to make notes and plan your actions steps each week.

This workbook is organized by session with key points, pro tips, recommended goals, and resources. You can go through the program at any pace, but we recommend 5-7 weeks so you have time to make changes that will stick.

What are you waiting for? Let's get started!

Medical Disclaimer: Participation in this program is completely voluntary. Nothing presented or stated shall be considered medical advice, but solely used for educational purposes. Any lifestyle and diet changes should be discussed with your health care team. This program is not meant to replace personalized recommendations from your own provider.



Fernanda brings a global perspective to her nutrition practice, focusing on cultivating a sustainable, nourishing lifestyle tailored to the unique needs of her clients. Originally from Brazil, she discovered her passion for nutrition early on, inspired by her mother's delicious meals and garden smoothies.

Please be advised that all nutritional information in our recipes is evaluated using the information available at the time of writing. While information is based on recipes specific to Launch My Health, nutrient values and allergens in each food may vary due to your selected portion size, use of other condiments and seasonings, as well as growing conditions, product manufacturer formulations, or any substitutions. The information provided in our recipes is meant to be a guide. If you are concerned about specific food allergens or sensitivities, always check the specific ingredients listed and labels used on your products for allergen information before consuming. Launch My Health is not liable for any food reactions.

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Find out the recommended amount of extra food to consume while pregnant, the amount of fluids you need each day, and what to expect for weight gain throughout your pregnancy.

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What to Limit or Avoid

Learn about common food-borne illnesses and how to avoid them. We'll also cover caffeine, alcohol, and simple swaps for foods you'll want to avoid while pregnant.

03

Key Nutrients

Get the skinny on key nutrients that will support you and your developing baby throughout pregnancy. We'll cover the top nutrients and how to incorporate them into your diet. What's covered: protein, DHA, folate, and iron.

04

Managing Common Symptoms

Discover the “why” behind some of the most common and not-so-fun symptoms you may experience during pregnancy. We'll also go through strategies to help you manage them. We'll cover: heartburn, nausea and vomiting, headaches, fatigue, and cravings.

05

Demystifying Prenatal Supplements

A great overview of what to be on the lookout for when selecting a prenatal supplement to take and, YES, you should be taking one!

06

Bonus Features: Special Considerations

Addressing special considerations for preventing and managing gestational high blood pressure, preeclampsia, and gestational diabetes. We'll also review postpartum nutrition tips.



PRENATAL NUTRITION

Session One

Get Started with the Basics

Classes featured: Prenatal Nutrition - Welcome | Prenatal Nutrition - Get Started with the Basics

OBJECTIVES

- Hydration
- Weight gain
- Calorie needs

RESOURCES

- Food and symptom tracker
- Daily planner
- Habit tracker



HYDRATION

BENEFITS OF DRINKING WATER

- Helps cell function
- Moves toxins out
- Regulates body temperature
- Promotes good circulation
- Helps lubricate joints

SIGNS OF DEHYDRATION

- Fatigue
- Dry mouth or dry cough
- Headache
- Dizziness, weakness, light headedness
- Dark-colored urine
- High heart rate + low blood pressure
- Swollen feet
- Muscle cramps
- Flushed skin
- Feeling thirsty
- Constipation

Get a minimum of
100 ounces or 3 liters
of fluids daily while pregnant

WAYS TO GET FLUIDS

- Plain water
- Fruit-infused water coconut water
- Tea, coffee
- Broth (veggie or animal) milk
- Juice
- Sparkling water
- You get some fluids from eating fruit & veggies

Easy fruit-infused water:

Toss some berries (frozen or fresh) into your water for added flavor and pizzazz!



CALCULATE YOUR HYDRATION NEEDS

Your current body weight
(in pounds) **×** **.75 - 1** **=** **Ounces of fluid you need**
daily during pregnancy

When not pregnant, multiply your body weight by .5

EXAMPLE: 170 pounds **×** .75 - 1 **=** 128-170 ounces daily

MY HYDRATION NEEDS WHILE PREGNANT

_____ **×** .75 - 1 **=** _____
body weight (lbs.) **MINIMUM** ounces of
fluids to drink per day

Helpful Metric Conversions

Weight in pounds = weight in kilograms x 2.2 1 fluid ounce = 30 milliliters



WEIGHT GAIN RECOMMENDATIONS

STEP 1: CALCULATE YOUR BMI

$$\frac{\text{Your pre-pregnancy weight in kilograms}}{(\text{your height in meters})^2} = \text{Your BMI}$$

STEP 2: FIND YOUR BMI CATEGORY

Pre-pregnancy Weight Category	Body Mass Index (BMI)	Weight Gain Recommendation	Average Weight Gain in 2nd and 3rd Trimesters
Underweight	< 18.5	28-40 lbs.	1 pound/week
Normal Weight	18.5 - 24.9	25-35 lbs.	1 pound/week
Overweight	25-29.9	15-25 lbs.	.6 pounds/week
Obese	> 30	11-20 lbs.	.5 pounds/week

Note: this chart applies to you if you are pregnant with one baby. If you are pregnant with more than one baby (twins, triplets, etc.), you will need to gain more. Speak with your healthcare provider to get our personal recommendation.

<hr style="width: 20%; margin: 0 auto;"/> <p>My BMI:</p>	<hr style="width: 20%; margin: 0 auto;"/> <p>Recommended amount of weight to gain during my pregnancy:</p>
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Weight Gain & Calories Needs

Where does the weight go in your body?

Increased blood volume:	3-4 lbs	1.4-1.8 kg
Increased fluid volume:	2-3 lbs	1.0-1.4 kg
Breasts:	1-3 lbs	0.5-1.4 kg
Fat stores:	6-8 lbs	2.7-3.6 kg
Placenta:	1-2 lbs	0.5-1.0 kg
Uterus:	2 lbs	1.0 kg
Baby:	7-8 lbs	3.2-3.6 kg
Amniotic fluid:	2 lbs	1.0 kg
Total:	~24-32 lbs	~11-15 kg



WHAT YOU NEED TO KNOW

Both gaining too much and gaining too little weight during pregnancy are associated with an increased risk of complications for you & baby.

The average amount of calories recommended for pregnant women to increase daily is:

- **1st trimester:** 100 more calories per day
- **2nd & 3rd trimesters:** 300-500 more calories per day

Every BODY is different, so the amount of extra calories you need may be different than the general recommendation. Talk to your healthcare team to find out your specific needs.

Weight Gain & Calories Needs

Stay in tune with your hunger cues:

Listening to your hunger cues and eating soon after you feel hungry can help you get enough calories to support a healthy pregnancy. The **Hunger & Fullness Scale** is a tool you can use to help stay in tune with your hunger.



1. Feeling sick due to hunger
2. Extremely hungry or ravenous
3. Very hungry, stomach growling
4. "I could eat"
5. Neutral, not hungry, not full

6. Slightly full, not satisfied
7. Satisfied, not hungry
8. Slightly overly full
9. Uncomfortably full, stuffed
10. Painfully full, may be sick

HOW TO USE IT

Every few hours, take a moment to stop and ask yourself:

"how hungry am I right now?"

(choose a number on the scale)

"when is the last time I ate?"

"when is the next time I can eat?" (if not now)

- Avoid getting to a 1 or 2, as that can contribute to nausea.
- Aim to be at 3-4 when you start to eat and 6-7 when you finish.
- Avoid getting to 8-10, as this can contribute to nausea, heartburn, and abdominal uncomfortableness.

DID YOU KNOW

Nausea during pregnancy is thought to be caused by the BIG (awesome) fluctuations in hormones that are happening "behind the scenes" to help baby grow.

The largest change in hormones happens during 1st trimester, which is why nausea is so common then.

Food and Symptom Tracker

Do you have symptoms? What time do they occur?
Are there any patterns with foods + symptoms?

DAY ONE

What did I eat?

Symptoms	Time
----------	------

DAY TWO

What did I eat?

Symptoms	Time
----------	------

DAY THREE

What did I eat?

Symptoms	Time
----------	------

Want to track digitally? Check out these free tracking apps: My Fitness Pal, My Plate, Shopwell

Daily Planner

Date:



MOOD



TODAY'S INTENTION

REMINDER TO

WATER INTAKE



EXERCISE

Total Minutes:

Total Steps:

MEAL PLANNER

Breakfast:

Lunch:

Snacks:

Dinner:

THINGS TO GET DONE TODAY

TODAY I AM GRATEFUL FOR

FOR TOMORROW

SPECIAL TO-DOS TO PREPARE FOR BABY

1st trimester	1 week	2 week	3 week	4 week	5 week	6 week	7 week	8 week	9 week	10 week	11 week	12 week	13 week	14 week
2nd trimester	15 week	16 week	17 week	18 week	19 week	20 week	21 week	22 week	23 week	24 week	25 week	26 week	27 week	
3rd trimester	28 week	29 week	30 week	31 week	32 week	33 week	34 week	35 week	36 week	37 week	38 week	39 week	40 week	

Habit Tracker

HABIT



HABIT

HABIT

HABIT

HABIT

Habit Ideas

- drink 10 oz. water every hour at work
- walk X amount of steps each day
- take prenatal supplement at breakfast
- go to grocery store every [insert days]



PRENATAL NUTRITION

Session Two

What to Limit or Avoid

Classes featured: Prenatal Nutrition - What to Limit or Avoid

RESOURCES

- Guidelines for Food Safety and Avoiding Listeriosis
- Caffeine & Alcohol Recommendations and Substitute Ideas
- Mocktail Recipes
- Homework





FOOD SAFETY DURING PREGNANCY

LISTERIOSIS & WHY IT MATTERS

Listeria is a bacteria found in soil, water, and some animals. Listeriosis is a foodborne illness caused by listeria that you're at higher risk of getting when pregnant. Having listeriosis while pregnant can cause miscarriage, stillbirth, preterm labor, or infections with long-term side effects to baby.

HOW TO PREVENT FOODBORNE ILLNESS

Fruits & Veggies

- Never eat unwashed fruits or vegetables, including leafy greens
- If you're unsure if it's been washed, wash again
- Avoid raw and lightly cooked sprouts
- Only eat freshly cut melon that has not been sitting out for more than 4 hours

Dairy Products

- Avoid unpasteurized dairy products
- Labels should say "made with pasteurized milk"
- Especially check soft cheeses like feta, brie, queso fresco

Meat & Seafood

- Avoid smoked seafood & meat spreads
- Only eat well done meat (including beef & pork)
- Only eat deli meat that is heated to 165°F directly before eating

Your body's ability to fight off foodborne pathogens decreases when pregnant, so you need to take extra precautions.

MEAT STORAGE GUIDELINES

Hot Dogs

- OPENED packages: 1 week maximum
- UNOPENED packages: 2 weeks maximum

Factory-sealed Deli Meat

- UNOPENED packages: 2 weeks maximum
- OPENED: 3-5 days maximum

Deli meat from deli counter

- 3-5 days maximum

Cooked meats:

- 3-4 days in the refrigerator maximum
- Should not be out for more than 2 hours before consuming or refrigerating

Limit or Avoid Caffeine & Alcohol

CAFFEINE

- Your body's ability to eliminate caffeine from your bloodstream decreases when pregnant.
- The general amount of caffeine recommended as safe when pregnant is **200mg or less per day**
- Be aware: caffeine amount varies due to brewing process & brewing time; always check product labels.

Beverage/Food	Average Caffeine Content
regular brewed coffee, 8 oz.	80-135 mg
decaf coffee, 8 oz.	0-15 mg
cold brew coffee, 8 oz.	96+ mg
espresso, 2 oz.	127 mg
black tea, 8 oz.	47-60 mg
green tea, 8 oz.	28 mg
matcha, 8 oz.	70 mg
soda, 12 oz.	22-55 mg
energy drink, 8 oz.	80+ mg
dark chocolate (70-85%), 3.5 oz.	70+ mg

ALCOHOL

There is no amount of alcohol that's recommended to be safe to consume when pregnant.

Too much exposure to alcohol while pregnant can result in Fetal Alcohol Spectrum Disorders (FASD) in baby.

FASD can cause

- intellectual & behavioral impairment
- hearing problems
- stunted growth
- abnormal facial development

Help is available.

- If you are pregnant or trying to get pregnant and cannot stop drinking, you are not alone.

These resources can help:

- healthcare provider
- NIAAA Alcohol Treatment Navigator
- Alcoholics Anonymous
- FindTreatment.gov

SUPER SWAPS

- coffee, mocha, latte → herbal tea, decaf latte or mocha, warm ginger lemon water, bone broth
- cocktail, wine, beer → homemade mocktail poured in a cocktail or wine glass
- soda, diet soda → sparkling water with citrus squeeze



Chef Jeremy's Mocktail Recipe: **Pomegranate Sangria**

INGREDIENTS

2 cups orange juice
2 cups pomegranate juice
½ cup lime juice
¼ cup apple cider vinegar
¼ cup honey
Pinch of salt
Ice
4 cups tonic water
1 lime, halved & thinly sliced
2 cups raspberries, fresh

DIRECTIONS

1. In a pitcher or large sealable container, stir together the orange juice, pomegranate juice, lime juice, cider vinegar, honey and salt.
2. Place a few cubes of ice in cocktail glasses and fill about half way up with the “sangria”.
3. Top off the cocktail glass with the tonic water until about $\frac{3}{4}$ full.
4. Top each glass with a few raspberries, a lime slice and serve.



Chef Jeremy's Mocktail Recipe: **Blueberry Balsamic Shrub**

INGREDIENTS

2 cups fresh blueberries
4 inch piece of ginger, peeled & sliced
1 cup apple cider vinegar
¼ cup balsamic vinegar
½ cup honey
⅛ tsp salt, Kosher
Sparkling water or tonic water
Ice

Requires cheesecloth

DIRECTIONS

1. Place all ingredients EXCEPT water in a blender or food processor and run to puree.
2. Place a fine mesh strainer over a medium mixing bowl and line the strainer with several layers of cheesecloth.
3. Pour the puree into the strainer and work as much liquid through as possible with a soft spatula.
4. Grab the corners of the cheesecloth and lift out of strainer.
5. Remove strainer, twist and squeeze the cheesecloth containing the pulp from the puree to extract as much liquid as possible.



HOMEWORK

ASSIGNMENT

1. Go through your fridge & pantry and identify foods and beverages you consume that you need to limit or avoid while pregnant.
2. Decide on a plan for each item

OPTION 1

- Remove from diet completely while pregnant.

OPTION 2

- Cook items in a different way so they'll be safe to consume (i.e. heating up deli meat)

OPTION 3

- Find a substitute to swap in while you're pregnant

Food/Beverage	Plan



PRENATAL NUTRITION

Session Three

Key Nutrients During Pregnancy

Classes featured: Prenatal Nutrition - Key Nutrients During Pregnancy

OBJECTIVES

- Protein
- Folate
- DHA
- Iron

RESOURCES

- On-the-go ideas
- Mediterranean Diet foods
- Build your own Overnight Oats
- Protein Bite formulas

NOTE

Listed recommended amounts are daily amounts while pregnant; nutrient amounts per food item are average amounts and may vary





KEY NUTRIENT: PROTEIN

PROTEIN'S JOBS IN THE BODY

- Essential nutrient that we need in larger amounts compared to other nutrients
- Building block for our muscles, skin, blood, & cells
- Helps regulate blood sugar levels by slowing down digestion
- Used for postpartum tissue recovery & repair
- Is used to make new cells for growing baby
- Helps develop baby's DNA, organs, joints, & skin

CALCULATE YOUR MINIMUM PROTEIN NEEDS:

1ST TRIMESTER

.88g/kg body weight

Example: 150 lbs. / 2.2 = 68kg

.88 x 68 = 60g protein per day minimum


2ND & 3RD TRIMESTERS

1.1g/kg body weight

Example: 150 lbs. / 2.2 = 68kg

1.1 x 68 = 75g protein per day minimum

MEAT PURCHASING TIPS

- **Organic** means animals have access to the outdoors year-round and their feed was 100% organic (including no antibiotics or hormones)
- Look for the Certified Humane Raised & Handled label on livestock and poultry packaging 
- Look for "**hormone-free**" on beef packaging
- Look for "**antibiotic-free**" on poultry packaging (adding hormones to poultry has been banned since the 1950's, so when you see "no hormones" or "hormone-free" on poultry packaging, it's purely marketing)

Follow these tips if and when you can. When it's not feasible - don't stress about them.



KEY NUTRIENT: DHA

DURING PREGNANCY, DHA HELPS:

- Form baby’s brain cells, nervous system, & eyes
- Protect baby’s brain from inflammation & neuro-developmental damage
- Protect you from maternal anxiety

DOCOSAHEXAENOIC ACID (DHA)

A type of anti-inflammatory fat called an omega-3 fatty acid. Other types of omega-3s are eicosapentaenoic acid (EPA) & alpha-linolenic acid (ALA). Our bodies can’t make them on their own, so we must get them from food and/or supplements.

DHA RECOMMENDED AMOUNT: 300MG PER DAY

salmon, fresh caught, 3 oz	1020mg
salmon, canned, 3 oz	600mg
tuna, 3 oz	200mg
halibut, 3 oz	300-400mg
sardines, 3 oz	700mg
grass-fed beef, 3 oz	100mg
egg, 1 whole	29mg
algae oil supplement	amount varies

FATTY ACIDS

Consuming enough omega-3 fatty acids while pregnant is associated with:

- less depression in mom
- improved neurocognitive outcomes in children
- reduced allergies & asthma in children
- a decrease in preterm birth

IMPORTANT!

Make sure your prenatal supplement has DHA in it.

Vegan or Vegetarian?

Getting DHA from a supplement is extra important for you. Take fish-based supplement if tolerated/aligns with your preference. If fish is a complete “no” for you, find an algae-based DHA supplement.



KEY NUTRIENT: FOLATE

WHAT IT IS

Folate is vitamin B9. It's one of the **most important nutrients during pregnancy** because it's crucial for fetal development throughout your whole pregnancy & **especially** in the early stages, when many women do not realize they are pregnant!

DID YOU KNOW?

Folic acid is the synthetic form of folate, found in supplements. Make sure your prenatal supplement includes folic acid.



FOLATE

Recommended Amount: 600mcg per day

Beef liver, 3 oz	215mcg
Spinach, boiled, 1/2 cup	131mcg
Cowpeas, boiled, 1/2 cup	105mcg
Rice, white, 1/2 cup	90mcg
Asparagus, 4 spears	89mcg
Brussels sprouts, 1/2 cup	78mcg
Lettuce, 1 cup	64mcg
Avocado, 1/2 cup	59mcg
Spinach, raw, 1/2 cup	58mcg
Mustard greens, 1/2 cup	52mcg
Green peas, 1/2 cup	47mcg
Kidney beans, 1/2 cup	46mcg
Wheat germ, 2 Tbsp.	40mcg
Turnip greens, 1/2 cup	32mcg
Peanuts, 1 oz	27mcg
Orange, 1 small	29mcg
Papaya, 1/2 cup	27mcg
Banana, 1 medium	24mcg
Baker's yeast, 1/4 tsp.	23mcg
Egg, 1 large	22mcg
Cantaloupe, 1/2 cup	17mcg
Baked beans, 1/2 cup	15mcg
Fish, 3 oz	12mcg
Ground beef, lean, 3 oz	7mcg
Chicken breast, 3 oz	3mcg



KEY NUTRIENT: IRON

IRON

Recommended Amount: 27mg per day

organ meats (liver), 3 oz	5-10mg
tofu, 3 oz	6.6mg
soybeans, 1/2 cup	4.4mg
white beans, 1/2 cup	4mg
lentils, 1/2 cup	3.3mg
spinach, 1/2 cup	3.2mg
beef roast, 3 oz	2.7mg
kidney beans, 1/2 cup	2.6mg
sardines, 3 oz	2.5mg
pumpkin seeds, 1/4 cup	2mg

IRON + CALCIUM

Amount: 1000mg per day

Calcium **competes** with the absorption of iron in your body, so **avoid** eating calcium sources at the same time as iron sources.

cheddar cheese, 1.5 oz	300mg
plain yogurt, 8oz	460mg
Greek yogurt, 8 oz	255mg
cottage cheese, 1 cup	156mg
milk, 1 cup	300mg
sardines, 3 oz	325mg
salmon, 3 oz	181mg
tofu, 1/2 cup	434mg
white beans, 1/2 cup	81mg
spinach, 1 cup	245mg
kale, 1 cup	94mg
collard greens, 1 cup	198mg
broccoli, 1 cup	86mg
Bok choy, 1 cup	185mg
amaranth, 1/2 cup cooked	58mg

IRON + VITAMIN C

Amount: 85mg per day

Dynamic Duo:

Eating vitamin C at the same time as iron **enhances** the absorption of iron, so try to eat vitamin C sources along with iron sources.

red bell pepper, 1/2 cup	95mg
orange, medium size	70mg
kiwi fruit	64mg
green bell pepper, 1/2 cup	60mg
broccoli, cooked, 1/2 cup	51mg
strawberries, 1/2 cup	49mg
Brussels sprouts, 1/2 cup	48mg
tomato juice, 3/4 cup	33mg
potato, baked	17mg

IRON + VITAMIN C COMBOS:

- ground meat + tomato sauce orange juice + iron-rich meal
- stir-fry with bell peppers + beef/tofu citrus fruit in marinade
- beans + salsa
- broccoli + tofu
- lentils + tomatoes or tomato sauce

On-the-Go Ideas

PACK A MINI COOLER

Yogurt Parfait

- plain dairy-free yogurt + fresh/frozen berries + cinnamon + nuts + seeds
- Mix the night before in your own container to avoid on-the-go mess
- Use container with tight-fitting lid and that is big enough to not spill over the sides when you stir

Stuffed Tortilla Wrap

- tortilla or wrap hummus, guacamole, pesto, or other spread
- thinly sliced & washed carrots, zucchini, peppers
- rotisserie chicken
- washed greens
- fresh, washed herbs

Mason Jar Salad

- fill mason jar with greens, veggies, &
- protein of choice
- bring dressing to add securely close jar & shake to mix right before eating

MAKE YOUR OWN TRAIL-MIX:

- Buy nuts from bulk section at grocery store
- Combine walnuts + almonds + cashews
- If unsalted, you can add a little avocado oil + salt yourself
- Pair with ANY fresh fruit

NEED A FAST-FOOD OPTION?

Try the grocery store hot or salad bar. It's probably faster than waiting in a drive-thru!

Hot Bar

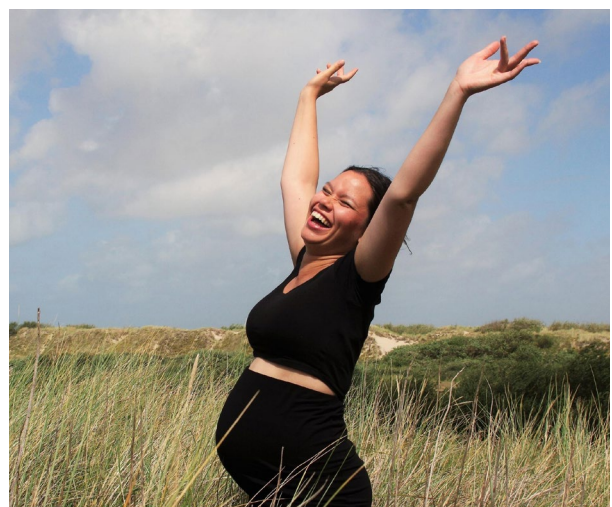
- roasted veggies
- potatoes
- rice, quinoa
- baked poultry, fish, or beef

Taco Bar

- make a taco salad with the shredded meat + all cooked ingredients
- make a burrito bowl with rice, beans, meat, cooked veggies & guacamole

Salad Bar

- avoid fresh melon
- ready-to-eat poultry or fish beans, lentils, sunflower & pumpkin seeds, slivered almonds dressing: olive oil + balsamic vinegar are better-for-you choices due to pro-inflammatory oils used in most convenient salad dressings
- **CAUTION:** Be careful with pre-packaged salads, as they often include deli meats



Foods of the Mediterranean Diet

Vegetables & Tubers

artichokes
arugula
beets broccoli
brussel sprouts
carrots
celery
celeriac
chicory
collard cucumber
dandelion greens
eggplant
fennel
kale
leeks
lettuce
mushrooms
greens
okra
onions
peas
peppers
potatoes
radishes
rutabaga
scallions
shallots
spinach
turnips
zucchini

Cheese & Yogurt

brie
chèvre
feta
halloumi
manchego
parmigiano-reggiano
pecorino
ricotta
greek yogurt

Fruits

avocados
apples
apricots
cherries
clementines
dates
figs
grapefruits
grapes
lemons
melons
nectarines
olives
oranges
peaches
pears
pomegranates
pumpkins
strawberries
tangerines
tomatoes

Grains

bread
barley
buckwheat
bulgur
couscous
durum
farro
millet
oats
polenta
rice
wheat berries

Sweets

treats made with:
nuts
fruits
whole grains
minimal sugars

Fish & Seafood

clams
crab
lobster
mackerel
mussels
octopus
oysters
salmon
sardines
sea bass
shrimp
quid
tilapia
tuna
yellowtail

Meats

beef
goat
lamb
pork

Poultry & Eggs

chicken
duck
quail
eggs

Nuts, Seeds, Legumes

almonds
beans
cashews
hazelnuts
lentils
pine nuts
pistachios
sesame seeds
split peas
walnuts

Herbs & Spices

anise
basil
bay leaf
cinnamon
chiles
clove
cumin
fennel
garlic
lavender
majoram
mint
oregano
parsley
pepper
rosemary
sage
tarragon
thyme
za'atar

Growing evidence suggests

Higher adherence to eating a Mediterranean Diet pattern while pregnant is associated with a cardioprotective effect for mom and reduced negative outcomes for baby, such as reduced risk of spina bifida.

Build Your Own Overnight Oats

Add the oats, nut milk and chia seeds to a jar or container with a lid. Then, choose from the additional add ins and make it your own.

OATS



1/2 cup oats

+

NUT MILK



1/2 cup-1 cup unsweetened
nut milk of your choice
(enough to cover the oats)

+

CHIA SEEDS



1-2 Tbs chia seeds

Add to a jar or container with a lid, shake to combine and set in the fridge overnight.
Add a scoop of your favorite protein powder for additional protein.

ADD INS

- 1/2 cup berries of your choice
- 1 tsp of agave, honey or maple syrup
- 2 Tbsp nut butter of your choice

FOR EXTRA FLAVOR

- nutmeg
- cinnamon
- cacao powder
- clove
- ginger
- vanilla extract
- unsweetened coconut
- instant coffee
- dash of salt

NUT MILK TIP:

When shopping, pay attention to the nutrition label. Make sure there is no added sugar. Ingredients should only read: Almonds, Water.

Basically, just make sure there's no added junk! Limit ingredients you can't pronounce or don't recognize.

Brands we like: MALK, Califia Farms, Thrive Market Brand

Protein Bites Formula

Choose your favorite 1-2 from each category.
Try new combinations to create new flavors!

HEALTHY BASE



oats



ground flaxseed



protein powder

+

STICK + SWEET



ground dates



nut butter



honey

+

EXTRA FLAVOR



shredded coconut



almonds/nuts



mini choc chips



raisins



extracts - vanilla,
peppermint, almond



cacao powder

WE RECOMMEND

1/2 cup healthy base, 1-2 tbs stick+sweet, and extra flavors to taste.

- Combine in a bowl until mixed, roll into balls and store in the fridge or the freezer.
- Other fun add-in ideas: cinnamon, nutmeg, any spices, hemp seeds, fruit or dried fruit.



PRENATAL NUTRITION

Session Four

Managing Common Symptoms

Classes featured: Prenatal Nutrition - Common Symptoms | Prenatal Nutrition - Managing Nausea
Prenatal Nutrition - Headaches, Fatigue, Cravings

OBJECTIVES

- Heartburn
- Nausea
- Headaches
- Fatigue
- Cravings
- Swelling

RESOURCES

- How to build a healthy snack, smoothie recipes



Tips to Manage Common Symptoms

HEARTBURN

- Wait at least **2 hours** after eating before lying down
- Elevate your head pillows when sleeping
- Eat last meal of the day earlier than usual to avoid nighttime heartburn
- Make last meal of the day smaller than other meals
- Figure out if foods or beverages trigger your heartburn
- Avoid drinking liquids when eating meals
- Chew your food thoroughly: **20-30x each bite** before swallowing
Eat smaller portions, more often (you may need to add snacks)

NAUSEA

- Avoid **strong odors**, even if they've never bothered you before
Avoid being around food while it's being cooked (if possible)
Choose foods that require less cooking or are cooler temperature when nauseous
- Stay hydrated (water + electrolytes)
- Eat small meals/snacks **every 3-4 hours** to avoid being overly hungry or full
- Eat a carbohydrate food **FIRST**, then follow with a protein food source
Eat whatever sounds good to you at the moment (most of the time!)

carb + protein + fat at every meal and snack

HEADACHES

Posture & pelvis changes:

- Normal posture changes during pregnancy can contribute to headaches
- Do light stretches every day. Hold each stretch for 30-60 seconds.

Diet:

- Dehydration & low blood sugar can trigger a headache
- Plan ahead each day to make sure you have enough fluids and food with you to meet your increased needs while pregnant.

FATIGUE

- Make sleep a top priority.
- **Take naps** throughout the day if you can & if body is telling you it's needed.
- Make sure you are eating enough food!

Manage your stress levels:

- get rid of as many stressors as possible
- help your body manage stress by doing things that relax you every day, for example: listen to music, take a warm bath, get outside, read a book, talk to friends, do something that makes you laugh

CRAVINGS

- Craving salt? you may need more of it
- Craving processed carbs/sugar? You may need more carbohydrates that are from high-fiber carb sources like fruit, whole grains, beans, veggies)

Call your healthcare provider if you have symptoms of:

- **Pica:** craving non-food items like dirt, clay, laundry detergent, ice, toothpaste, sand, plaster, coffee ground, soap, sand, stones, burnt matches. This can be a sign that you are deficient in iron, zinc, or calcium.

SWELLING

- Hydration is your best step with nutrition to help with normal pregnancy swelling
- If you start swelling drastically, contact your healthcare team right away as this can be a sign of preeclampsia

You are not alone

There are more than 213 million people pregnant at any given time.

How to Build a Balanced Meal/Snack

Choose one of each:

CARB



asparagus
broccoli
carrots
cauliflower
celery
edamame
green beans
peppers
radishes
snap peas
apple
banana
berries
grapefruit
orange
kiwi
peach
pineapple
oatmeal
crackers
rice
bread
tortilla
grits

+

PROTEIN



chia seeds
flax seeds
hemp seeds
sunflower seeds
pumpkin seeds

black beans
lentils
chickpeas
pinto beans
white beans

chicken
turkey
pork
tuna
salmon
beef
venison
sardines
fish
hardboiled egg

Greek yogurt
cottage cheese

+

FAT



avocado
hemp seeds
flax meal
pumpkin seeds
high-quality oils
coconut milk
nut butters
tahini
hummus
olives

walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
cashews

Note: some foods contain multiple types of macronutrients; they are listed under the one they contain the most of.



Blueberry Beet Smoothie With Chia

YIELD: 8 SERVINGS

PREP: 10 MINS

TOTAL: 35 MINS

INGREDIENTS

- 2 cups beet juice
- 1 cup coconut water
- 1 cup blueberries, fresh
- 1 cucumber, quartered
- 1 apple, quartered and cored
- 1 avocado, peeled and pitted
- ¼ cup chia seeds

DIRECTIONS

1. Place all ingredients in a blender and run for about 30 seconds or until all ingredients have broken down and the consistency is smooth.



Mango Ginger Super Smoothie

YIELD: 8 SERVINGS

PREP: 10 MINS

TOTAL: 35 MINS

INGREDIENTS

- 3 cups milk (dairy or non-dairy)
- 2 cups mango, fresh
- 1 cup banana, fresh
- 1 inch fresh ginger root, chopped
- 2 tsp turmeric, ground
- ½ tsp cinnamon, ground
- 2 cups Ice

DIRECTIONS

1. Place milk in the blender first, then add all remaining ingredients except the ice.
2. Run the blender on high until the solid ingredients have broken down, about 30 seconds.
3. Add the ice and run on medium for about 10 seconds or until the ice has been incorporated into the smoothie.



PRENATAL NUTRITION

Session Five

Demystifying Prenatal Supplements

Classes featured: Prenatal Nutrition - Supplements

RESOURCES

- Supplement Purchasing Tips
- How to: Read a Supplement Label
- Nutrients to Look for in a Prenatal Supplement





SUPPLEMENT PURCHASING TIPS

WHAT & WHERE TO BUY

The best places to purchase:

- supplement brand’s website
- your healthcare provider (in-person or online dispensary)
- a reputable health store

Be Cautious

Check product website to see where it is sold to avoid scams. Many reputable brands do not allow products to be sold on online, third-party resellers because of variations in quality control standards.

SUPPLEMENT TYPE & FORMS

Vitamins & minerals come in many forms. Some are easier for your body to absorb & use than others.

Check the product label (located on the supplement container) to make sure it contains the correct nutrient form. The nutrient form is listed in parentheses after the nutrient name, or on the ingredients list at the bottom.

Example

Vitamin B12 can be listed as:

- vitamin B12 (as cyanocobalamin)
- vitamin B12 (as methylcobalamin)
- vitamin B12 (as hydroxycobalamin)

Options

Choose tablets or capsules when possible Gummies + liquids can have added water + sugar

CHECK QUALITY STANDARDS

- Check certification labels for third-party testing
- Certification labels should be on product package and/or listed on product website
- Third-party testing validates that the ingredients & amounts match up with product labels
- Product website should tell you if they test every batch, versus skip-testing, which means they only test every so often. Testing every batch for impurities and quality is ideal



Examples of certification labels:
USP, CGMP, NSF

Supplement Tips

HOW TO: READ A SUPPLEMENT LABEL

Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, propylparaben, and sodium benzoate.

Supplement Facts: title indicates product is marketed for sale in the U.S. and is an FDA standard.

Serving Size: tells how many tablets or capsules you need to take in order to get the nutrient amounts listed on the label

Amount Per Serving: quantity of the nutrient in the listed serving size

Ingredient list: all compounds, such as fillers, binders, excipients, that are used to manufacture the product are listed in order by amount

NUTRIENTS TO LOOK FOR IN A PRENATAL SUPPLEMENT

Nutrient	Minimum Amount Recommended
vitamin D (cholecalciferol)	800-1000 IUs
vitamin A (retinol)	1200mcg
vitamin C	85mg
folate (Folic acid or 5-MTHF)	400mcg
vitamin B12 (hydroxocobalamin or methyl cobalamin)	25mcg (50mcg if vegetarian)
choline	350mg (tri 1&2) 600mg (tri 3)
DHA	600mg
Iron (ferrous sulfate)	18-20mg

WORRIED ABOUT AN UPSET STOMACH?

Take the supplement with a snack or meal to avoid stomach irritation, unless noted otherwise. The presence of carbs & protein stimulate digestive enzymes that allow for better absorption of the supplements



PRENATAL NUTRITION

Session Six

Special Considerations

Classes featured: Prenatal Nutrition - HBP & Preeclampsia | Prenatal Nutrition - Gestational Diabetes

OBJECTIVES

- High Blood Pressure & Preeclampsia
- Gestational Diabetes

RESOURCES

- Tips to Manage Blood Pressure
- Tips to Manage Stress
- Fiber Foods List
- Protein Foods List
- Physical Activity



Blood Pressure & Preeclampsia



WHAT DO BLOOD PRESSURE NUMBERS MEASURE?

Systolic = measurement of the pressure against your artery walls when your heart **contracts**

Diastolic = measurement against your artery walls when your heart **relaxes** between contractions

Blood Pressure Categories			
Category	Systolic (mmHg)	and/or	Diastolic (mmHg)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
Stage 1 hypertension	130-139	or	80-89
Stage 2 hypertension	140+	or	90+
Hypertensive Crisis (call doctor ASAP)	180+	and/or	120+

PREECLAMPSIA

a condition when high blood pressure begins at 20 weeks of pregnancy or later

Symptoms:

- sudden swelling in your face or hands
- blurry vision, seeing spots, changes in vision
- nausea or vomiting
- trouble breathing
- severe headache
- upper stomach pain

CONTACT YOUR HEALTHCARE TEAM

if you think you may have any of these symptoms

5 Lifestyle Tips to Manage Blood Pressure

STAY HYDRATED

Consume your daily recommended fluid amount.

Get electrolytes daily: potassium, sodium, magnesium.

Your salt needs are higher during pregnancy. Add salt when cooking foods to bring out natural flavor.

STRESS LESS

High stress levels can increase blood pressure.

- Get rid of any stressors possible
- Make relaxation a priority every day.

Ideas:

- deep breathing
- crafts (paint, coloring book)
- reading
- outside in nature
- talk to friends/family listen to a comedian

EXERCISE

Exercise strengthens your heart, making it easier to pump blood.

Keep it simple!

Add a brisk walk or more steps in throughout your day to start.

Do NOT start a new exercise routine without consulting with your healthcare provider!

REDUCE PROCESSED SUGAR

Avoid high fructose corn syrup, which is commonly used in packaged products, such as:

- soda
- sweetened beverages
- juice, lemonade
- flavored yogurt
- baked goods & pastries
- condiments (ketchup, BBQ)
- candy
- breakfast sausage
- fast food

Save the added sugar for occasional sweet treats!

Check nutrition labels for the amount of **Added Sugar**. Aim for 3g or less per serving most of the time.

EAT FRESH FOODS

- Follow the Mediterranean Diet pattern
- Eat high antioxidant foods daily

Greater adherence to a Mediterranean-style diet during pregnancy has been associated with **20% LOWER odds of developing preeclampsia**.

Tips to Manage Stress

Do something daily that relaxes you.



TALK TO A FRIEND

Don't be afraid to ask for support



GET OUTSIDE IN NATURE

Even just a few minutes outside can reduce stress levels



GET REGULAR QUIET TIME

May include meditation or prayer, based on your preferences



DO SOMETHING CREATIVE

Adult coloring books, paint, write, sing, scrapbook, draw, play music



READ A BOOK

Choose a topic that's fun or interests you



PRACTICE DEEP BREATHING

This helps your body shift into a more restorative state

DEEP BREATHING TECHNIQUE

Paced breathing helps your body switch from fight-or-flight (stress!) mode into “rest & digest” (relax...) mode.

This system helps your body heal, repair, calm down, grow optimally.

When to try it:

- when you're feeling stressed
- right before you eat (helps digestion)
- if you can't sleep at night
- if your blood pressure is high
- if you need a mind reset
- when taking a technology break

Before you start, find a comfortable place to sit or lie down.



Preventing & Managing Gestational Diabetes

WHAT IS GESTATIONAL DIABETES?

Gestational: the period of time between conception & giving birth

Diabetes: a metabolic condition where the body is unable to control blood sugar levels

You'll be tested for gestational diabetes at your prenatal appointments using a glucose challenge test.

RISK FACTORS FOR GESTATIONAL DIABETES:

- family history of gestational diabetes
- diagnosed during a previous pregnancy
- were overweight or had obesity before pregnancy

Postpartum risks:

Around 50% of women who have gestational diabetes receive a diagnosis of Type 2 Diabetes after giving birth.

LIFESTYLE TIPS

Protein

Eat a protein source at every meal and snack.

Aim for at least 25g per meal & 7-10g per snack.

Getting adequate protein at breakfast can help stabilize your blood sugars for the rest of the day. Don't miss out on breakfast protein!

Fiber

Fiber is the skeleton of plant foods; it gives them structure. Benefits of eating fiber:

- helps you feel full
- reduces absorption of cholesterol & sugar into your body
- prevents constipation & diarrhea

Aim to eat 25-30g fiber every day.

Physical Activity

Physical activity helps your body manage blood sugars.

Going for a light walk within 1 hour of eating has shown benefits of lowering blood sugars.

High Protein Foods

Aim for 25 grams (g) or more at meals & 7-10g at snacks.

MEAT AND POULTRY

3oz of meat is about the size of your palm

chicken, 3 oz.	28g
steak, 3 oz.	26g
turkey, 3 oz.	25g
lamb, 3 oz.	23g
pork, 3 oz.	22g
ham, 3 oz.	14g
egg, 1 large	6g

BEANS, GRAINS

Serving Size = 1/2 cup

pinto beans	11g
adzuki beans	9g
lentils	9g
edamame	9g
black beans	8g
kidney beans	8g
chickpeas	7g
fava beans	7g
wheat berries	6g
lima beans	6g
quinoa	4g
peas	4g

PLANT PROTEIN

natto, 1 cup	34g
nutritional yeast, 2 Tbsp	8g
spirulina, 2 Tbsp.	8g
tempeh, 1 cup	31g
tofu, 1 cup	20g

SEAFOOD

salmon, 3oz.	22g
tuna, 3oz.	22g
shrimp, 3oz.	20g
lobster, 3oz	16g
scallops, 3oz.	14g

DAIRY & DAIRY ALTERNATIVES

cheese (hard), 1 oz.	10-14g
cheese (soft), 1 oz.	5-7g
cottage cheese, 4 oz.	14g
kefir, 6-8 oz.	8g
milk, cow, goat, 8 oz.	8g
soy milk, 1 cup	8g
nut milk (almond, cashew, etc.)	1-5g

NUT & SEEDS

peanuts, 1 oz.	7g
peanut butter, 1 Tbsp.	7g
almonds, 1 oz.	6g
pistachios, 1 oz.	6g
walnuts, 1 oz.	4g
cashews, 1 oz.	4g
soy nuts, 1 oz.	12g
pumpkin seeds, 1 oz.	9g
flax seeds, 1 oz.	6g
chia seeds, 1 oz.	5g
sunflower seeds, 1 oz.	6g

Fiber Food Sources

Recommended Daily Amount of Fiber: 25 grams (minimum)

VEGGIES

Beans, cooked, 1/2 cup	7-9g
Sweet potato, 1 cup	6.3g
Parsnips, 1 cup	6.2g
Jicama, 1 cup	5.9g
Winter squash, 1 cup	5.7g
Broccoli, cooked, 1 cup	5.2g
Avocado, 1/2 cup	5.0g
Cauliflower, 1 cup	4.9g
Carrots, 1 cup	3.5-5g
Edamame, 1/2 cup	4.1g
Green beans, 1 cup	4.0g
Corn, 1 cup	4.0g
Potato, baked with skin	4.0g
Red bell pepper, 1 cup	3.1g
Plantains, 1 cup	3.1g
Yucca, cooked, 1 cup	3.0g
Asparagus, cooked, 1 cup	2.9g
Onion, cooked, 1 cup	2.9g

NUTS & SEEDS

Chia seeds, 1 Tbsp.	4.1g
Flax seeds, 1 Tbsp.	2.8g
Sunflower seeds, 1 oz.	3.1g
Pumpkin seeds, 1 oz.	5.2g
Pistachio nuts, 1 oz.	2.9g
Almonds, 1 oz.	3.5g
Pine nuts, 1 oz.	3.0g

GRAINS

Bulgur, 1/2 cup	4.1g
Bran flakes, 3/4 cup	5.5g
Spelt, 1/2 cup	3.8g
Oat bran, 1/2 cup	3g
Oats, cooked, 1/2 cup	2g

FRUIT

Guava, 1 cup	8.9g
Berries, 1 cup	B6-8.0g
Pear	6.0g
Persimmon	6.0g
Kiwifruit, 1 cup	5.4g
Apple, with skin	4.8g
Dried figs, 1/4 cup	4.0g
Banana, 1 medium	3.0g
Apricots, 1 cup	3.0g
Prunes & dates, 1/4 cup	3.0g
Strawberries, 1 cup	3.0g

WHAT DOES 25 GRAMS OF FIBER IN A DAY LOOK LIKE?

Breakfast:

1/2 cooked plain oatmeal (2g)
1/4 cup strawberries (1g)
1/4 cup almonds (3.5g)

Lunch:

2 cups raw spinach (1.5g)
1/2 medium avocado (5g)
chicken breast (0g)
dressing of choice (0g)

Dinner

baked fish (0g)
1/2 cup broccoli, roasted (2g)
medium baked potato with skin (4g)
butter (0g)

Snacks:

6 baby carrots (1.5g) +
2 Tbsp. hummus (2g)
medium orange (3g) +
cottage cheese (0g)

TIPS TO EAT MORE FIBER

- slowly increase your fiber intake (too much at once can cause GI issues)
- add in 5g more fiber over a few days
- it's important to drink enough fluids when eating fiber to avoid constipation

Physical Activity During Pregnancy

GENERAL RECOMMENDATION

Get at least 150 minutes of moderate-intensity aerobic activity each week during pregnancy and the postpartum period.

Example: 30-minute walk, 5 days per week

EXAMPLES OF MODERATE-INTENSITY ACTIVITY:

- brisk walking
- gardening
- light yoga or stretching
- water aerobics
- stationary bike

IDEAS

- add in more steps throughout the day... even just 5 minutes at a time!
- stand up and do a few stretches after each meal
- sign up for a local pregnancy exercise class

BENEFITS DURING PREGNANCY:

- help manage blood sugar
- reduce back pain
- reduce constipation
- promote healthy weight gain
- a mood-booster
- strengthen heart & blood vessels
- improve sleep
- may decrease your risk of gestational diabetes, preeclampsia, & cesarean birth



SOME PHYSICAL ACTIVITY IS BETTER THAN NONE; DO WHAT YOU CAN.

- After the first trimester, avoid activities that require lying flat on your back.
- Always consult with your healthcare team before beginning exercise while pregnant.



PRENATAL NUTRITION

Session Seven

Special Considerations: Postpartum

Classes featured: Prenatal Nutrition - Postpartum Nutrition

RESOURCES

- Nutrition Needs for Mom
- Supplementation
- Tips if you are breastfeeding





POSTPARTUM NUTRITION TIPS

POSTPARTUM WEIGHT CHANGES

Immediate:

10-13 pounds is lost from the baby, placenta, amniotic fluid, and blood loss

Within 6 to 8 weeks:

- uterus shrinks from 2.5 pounds to 2 ounces
- body weight may decrease another 7-11 pounds

KEY NUTRIENTS TO FOCUS ON

PROTEIN



protein & iron help your tissues rebuild + repair

protein goal: 21 grams per meal minimum

iron goal: 9mg per day

eat both plant & animal sources (if able)

+

IRON



+

OMEGA-3 FATTY ACIDS



anti-inflammatory
(DHA is an omega-3)

sources: low-mercury fish, walnuts, ground flaxseed, chia seeds, hemp hearts

SHOULD I STILL TAKE MY PRENATAL SUPPLEMENT?

General Recommendation:

Continue taking your prenatal multivitamin supplement after giving birth.

If you are breastfeeding:

Continue taking your prenatal multivitamin supplement for as long as you are breastfeeding.



POSTPARTUM CONSIDERATION: PROBIOTICS

BENEFITS

- increases your number of “good gut bugs” that help your immune health, nutrient absorption, & digestion
- helps you have regular bowel movements and prevent postpartum constipation

RECOMMENDED AMOUNT

- start with 5 billion colony-forming-units (CFUs) and increase up to 25 CFUs if needed

TAKING A PROBIOTIC SUPPLEMENT?

- Check the label to make sure it includes multiple strains of both Lactobacillus and Bifidobacterium

Breastfeeding moms

Probiotics you consume are passed through your breastmilk and can help your baby’s immune & digestive systems

FOOD SOURCES



miso



sauerkraut



yogurt



kefir



kimchi



PROGRAM REFLECTION

What's going well for me?

What feels challenging for me right now?

What action can I take to support my health? Who can I ask for support?



Program Completion

CONGRATULATIONS ON COMPLETING THE RESTORE GUT HEALTH PROGRAM!

Congratulations on completing the Prenatal Nutrition program. You should have implemented a few of our tips by now and are starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your new found knowledge, you have additional tools to lead a happy healthy hormone lifestyle. Keep building on your healthy habits from the list of action steps.

Cheers to your health and wellbeing!

WANT TO CONTINUE LEARNING?

Check out one of our other programs: Putting Out the Flame, Optimizing Brain Health, Optimizing Women's Hormones, Home Chef Pro, and Kids in the Kitchen.