



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

$$\text{Your current body weight (in pounds)} \times .75 - 1 = \text{Ounces of fluid you need daily during pregnancy}$$

When not pregnant, multiply your body weight by .5

EXAMPLE: 170 pounds \times .75 - 1 = 128-170 ounces daily

MY HYDRATION NEEDS WHILE PREGNANT

$$\text{body weight (lbs.)} \times .75 - 1 = \text{MINIMUM ounces of fluids to drink per day}$$

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>
--	--

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
- take prenatal supplement at breakfast
- walk X amount of steps each day
- go to grocery store every [insert days]