

# **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 pizazz!







# **CALCULATE YOUR HYDRATION NEEDS**

Your	current l	body	weight
	(in pou	ınds)	



.75 - 1



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

X

.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







# STEP 1: CALCULATE YOUR BMI

# Your pre-pregnancy weight in kilograms Your BMI (your height in meters)<sup>2</sup>

### **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.

My BMI:	Recommended amount of weight to gain during my pregnancy:





# **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.

### THE HUNGER & FULLNESS SCALE



- 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**

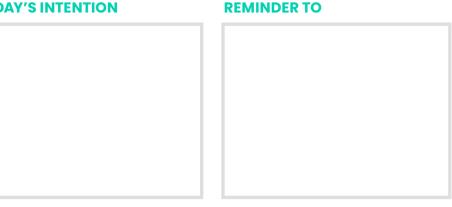
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### **MOOD**



# **TODAY'S INTENTION**







# **EXERCISE**

**Total Minutes: Total Steps:** 

# **MEAL PLANNER**

**Breakfast:** Lunch:

# THINGS TO GET DONE TODAY



# **FOR TOMORROW**

**SPECIAL TO-DOS TO PREPARE FOR BABY** 

5 week 1 week week 3 week 6 week 8 week 4 week 7 week 1st trimester 9 week 17 week 2nd trimester 3rd trimester





# **Habit Tracker**

HABIT	SMTWTFS
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]



