



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.