

## Nutrition for Expectant Moms

### Recommended

#### Protein-

lean meat, fish, poultry, egg whites, beans, peanut butter, tofu



#### Carbohydrates-

bread, cereals, rice, potatoes, pasta, fruits, vegetables



#### Calcium-

milk, cheese, yogurt, sardines or salmon with bones, spinach



#### Vitamin A-

carrots, dark leafy greens, sweet potatoes



#### Vitamin C-

citrus fruit, broccoli, tomatoes, fortified fruit juices



#### Folic acid-

green leafy vegetables, dark yellow fruits and vegetables, beans, peas, nuts



Do you wonder how it's reasonable to gain 11.34 to 15.88 kg (on average) during your pregnancy when a newborn baby weighs only a fraction of that? Although it varies from woman to woman, this is how those pounds may add up:

- 3.4 kg: average baby's weight
- 3.18 kg: extra stored protein, fat, and other nutrients
- 1.8 kg: extra blood
- 1.81 kg: other extra body fluids
- 0.91 kg: breast enlargement
- 0.91 kg: enlargement of your uterus
- 0.91 kg: amniotic fluid surrounding your baby
- 0.68 kg: the placenta

### During pregnancy, you should avoid:

**Alcohol.** There is no known amount of alcohol that is safe for a woman to drink during pregnancy.



Foods that are more likely to contain germs that could cause foodborne illness, including

Refrigerated smoked seafood like whitefish, salmon, and mackerel

Hot dogs or deli meats unless steaming hot

Unpasteurized juices

Store-made salads, such as chicken, egg, or tuna salad



### Too much caffeine.

Drinking high amounts of caffeine may be harmful for your baby. Small or moderate amounts of caffeine (less than 200 mg (milligrams) per day) appear to be safe during pregnancy. This is the amount in about 12 ounces of coffee or something



Shentala branch of the state budgetary professional educational institution "Togliatti Medical College"

completed: by Abramov Sergey (4127 gr.)