AMMA MIDWIVES
Moffett Midwifery Alliance Professional Corporation

Pregnancy Dietary Changes

Important increases in:

Calories: 2,500—3,200 *from 1,500—2,500*
Protein: 75g—90g *from 45g—65g*
Calcium: 1,200mg—1,600mg *from 1,200mg—1,500mg*
Iron: 30mg—50mg *from 15mg—30mg*
Zinc: 20mg—40mg *from 15mg—30mg*
B Vitamins:

- **Thiamine: 1.5mg—50mg** *from 1mg—30mg*
- **Riboflavin: 1.5mg—30mg** *from 1.2mg—30mg*
- **Niacin: 16mg—100mg** *from 15—100mg*
- **Pantothenic: 7mg—250mg** *(remains the same)*
- **Pyridoxine: 2.6mg—100mg** *from 2mg—50mg*
- **Cobalamine: 4mcg—200mcg** *from 3mcg—200mcg (vegetarians may need more of an increase)*

Magnesium: 450mg—1000mg *from 340mg—700mg*

It takes approximately 75,000 calories in total to grow a fetus which works out to be an extra 350—450 calories a day. Maintaining a diet full of whole foods instead of processed foods not only helps to establish a healthy pregnancy and healthy baby, but it also helps the mother to shed her baby pounds after she delivers. Getting our daily nutrients from seeds, nuts, whole unrefined grains, whole milks and yogurts, vegetables and fruits (more from vegetables) provides the mother and baby with essential vitamins and minerals to establish a healthy lifestyle.

Vitamin C
Regular intake is important, but we have to be careful not to overuse for a long period of time during pregnancy. The baby may go through withdrawal after delivery and could develop rebound scurvy. Vitamin C helps to utilize other important minerals and vitamin A

Sodium
Found in celery, beets, cheese, eggs, and sea vegetables. This micromineral will relieve cravings for undesirable/unhealthy salt choices which can lead to water retention and elevated blood pressure.

Chemicals
Animal studies have shown that Nitrosamines (nitrites) found in hot dogs, lunch meats, bacon produce cancer in the offspring. Vitamin C can aid in the formation of

Nitrosamine formation. Almond butter and honey or jam is a good substitute for these harmful meats.

Vitamin B6
Helps in liver metabolism which can reduces the symptoms of morning sickness. Taking a B6 complex vitamin 25mg—50mg can be used to reduce the need of taking Diclectin.

Essential Fatty Acids
These fats improve brain function and strengthen our cells. Supplying regular levels of a ratio of 2:1 Omega 6 to Omega 3's will help the fetus' developing brain and organs. This may also help with the baby's calmness and sleep/wake cycles.

Magnesium
Magnesium helps to 'calm' the nervous system. Taking this supplement may help pregnant women with 'restless leg syndrome'. Calcium will help reduce muscle spasms in the calves.