# **NUTRITION IN PREGNANCY**

Myth: Eat up, you're eating for two.

**Fact:** A pregnant woman may be eating for two, but one of them only weighs a few pounds. Your body only needs about 300 **extra calories** when you are pregnant, which is about the amount in one (8oz) cooked chicken breast, without the skin.

### **WEIGHT GAIN RECOMMENDATIONS FOR PREGNANT WOMEN:**

If before pregnancy, you were	You should gain
Underweight BMI less than 18.5	28-40 pounds
Normal Weight BMI 18.5-24.9	25-35 pounds
Overweight BMI 25.0-29.9	15-25 pounds
Obese BMI greater than or equal to 30.0	11- 20 pounds



## Myth: You should can the fish.

Fact: The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) advise pregnant and breastfeeding women to eat up to 12 ounces of **low-mercury** fish a week. Fish contains DHA (docosahexanoic acid), an omega-3 polyunsaturated fat, that is essential for your baby's brain and eye development. Our bodies don't make it, so we need to get it from the food we eat. It's found mainly in fatty cold-water fish, like salmon, herring, tuna, trout, and oysters, but now you can find DHA in everything from orange juice to yogurt.

#### **Environmental contaminants:**

Mercury is an environmental contaminant that is found in high concentrations in some foods and can impair fetal growth and the developing infant brain. Foods that contain high concentrations of mercury should be avoided (see picture below). Fish oil supplements should be avoided.

#### **Cooking Tips: Fish**

Check the inside cooking temperature by placing the thermometer into the thickest part of the food. Here is a list of minimum cooking temperatures:

**Fin fish:** 145 degrees or until flesh is opaque and separates easily with a fork.

Shrimp, lobster, and crabs: cook until flesh is pearly white and opaque.

Clams, oysters, and mussels: cook until shells open during cooking. Discard any that do not open during cooking.

Scallops: cook until flesh is milky white, opaque, and firm.



Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.\*

#### Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What serving?





To find out. use the palm of your hand! For an adult 4 ounces

