

# Nutrition & Pregnancy



## Prenatal Vitamin

Take a prenatal or multivitamin with 400 to 800 micrograms of folic acid **every day**. Folic acid is the most important in the early stages of pregnancy but you should take a vitamin with folic acid throughout your entire pregnancy.

## Eat Healthy

When you are expecting, it is important to eat a variety of healthy foods. Choose fruits, vegetables (always wash first!), whole-grain breads and pastas and lean meat, like chicken. Make sure to drink plenty of liquids. We recommend 8 - 10 glasses of water a day. The amount of weight you should gain during your pregnancy depends on your pre-pregnancy weight.

**The average woman should gain between 25 - 35 pounds during a safe pregnancy.**

Food safety is very important. Make sure to cook foods fully and don't contaminate raw and cooked foods. **Avoid or limit the following foods** that are unsafe and could harm your baby:

- **Don't** eat hot dogs or lunch/deli meat unless they are reheated until steaming hot
- **Don't** eat raw or undercooked meat, poultry, eggs, fish or shellfish (i.e. sushi or sashimi)
- **Don't** eat soft cheeses such as brie, feta, Camembert blue, queso blanco or Mexican-style. It is **OK** to eat mozzarella pasteurized cheese slices, cream and cottage cheese.
- **Don't** eat refrigerated patés or meat spreads.
- **Don't** eat refrigerated smoked seafood like salmon, whitefish and mackerel (usually labeled nova-style, lox, smoked or jerky).
- **Don't** drink unpasteurized milk or juice or eat foods that contain unpasteurized milk.
- **Don't** drink herbal teas or take herbal supplements without talking to your provider first.
- **Limit fish** to two servings per week. Don't eat fish that are high in mercury — such as swordfish, tile fish and shark.

## Women's Health

4251 River Center Court NE  
Cedar Rapids, Iowa 52402

319.730.7300 | [EasternIowaHealthCenter.com](http://EasternIowaHealthCenter.com)