

WHAT ARE DIET CHANGES TO BE AWARE OF?

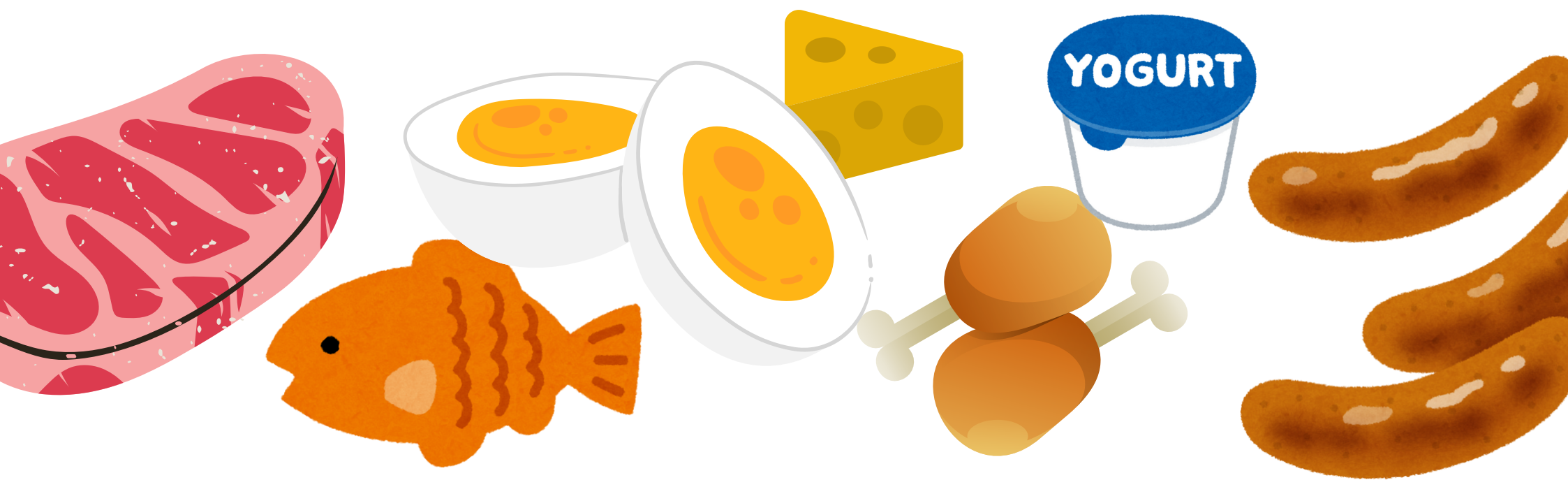
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WHY IS NUTRITION IMPORTANT?

During pregnancy, you should increase your caloric consumption to support the growth of the fetus! Pregnant women should consume **nutrient-dense foods** which are considered ones that have lean or low-fat, minimal added sugars, refined starches, saturated fat, sodium. Nutrient-dense foods provide vitamins, minerals, and other macromolecules (fats, protein, sugar) for our bodies to function!

THE IMPORTANCE OF PROTEIN DURING PREGNANCY

Protein is responsible for helping your baby develop fingernails, hair, skin, muscles, and ensures proper growth! Protein-rich foods are good sources of iron, zinc, vitamin B12, and choline which are essential vitamins for pregnancy! High protein can also help with the extra swelling that you might deal with during pregnancy. Sources of protein to incorporate include red meat, eggs, poultry, fish, beans and more!



ADDED SUGARS + OTHER MINERALS

Should be less than 10% of total calories after age 2. Avoid added sugars for those less than 2 years old. Added sugars are most likely to be found in sugar-sweetened beverages, desserts, and sweet snacks, sweetened coffee and tea, and candy. Other healthy tips include limiting processed foods, adding sea salt to taste, and including plenty of potassium-rich foods and magnesium-rich foods to support electrolyte balance and blood volume expansion. According to the DGA, potassium-rich foods include legumes, cooked greens, squash, bananas, citrus, plain and Greek yogurt, and more! According to the CDC, magnesium-rich foods include nuts, seeds, legumes, whole grains, collard greens and other leafy vegetables, avocado, bananas, dark chocolate and more!

Making Healthy Choices on a Budget

1. Grocery Store Choices

- a. Choose grocery stores that are affordable such as Aldi, Lidl, and Costco

2. Sale Items

- a. Keep an eye out for loyalty cards, sales, and discount cards. Plan a meal around what is on sale, or if you can stock up on sale items.

3. Buying Local or in Bulk

- a. You can save a lot of money buying in bulk! If you can afford it, Costco memberships are \$65 a year. Look into local farms that are connected with CSA's (Community Supported Agriculture). LocalHarvest has a list of CSA's in the Charlottesville area including Barracks Road Farm Market, or check out the Charlottesville City Market on 2nd and Water Streets from 7am-12pm every Saturday. Other resources include EatWild.com for a state-wide directory for meat, dairy, and eggs; USDA Database of Farmers' Markets, and National Farmers' Market Directory.

4. Affordable Foods

- a. **Meat:** Buy whole cuts of meat to parcel out throughout the week, or choose lower-cost options including organ meat, chicken thighs, whole chickens, and ground beef. Be sure to preserve parts of the meat that you don't eat! If the meat you buy is discounted and close to its expiration date, be sure to freeze it. Additionally, try buying cheaper bone-in roasts like pork shoulder, beef shank, beef chuck roast, bone-in brisket, chicken legs, or turkey thighs.
- b. **Eggs and Dairy:** Buy in bulk to save money! Try to find discounted dairy products at farmer's markets, local farms, or advertisements on Facebook Marketplace or other online forums.
- c. **Seafood:** Fish and seafood is great frozen or fresh. If these are not options, canned seafood is also affordable including canned salmon, tuna, oysters, clams and more!
- d. **Fruits and Vegetables:** Shop for in season produce, or by frozen fruits and vegetables. If you are buying frozen food, it can also help to buy in bulk! Look at Cultivate Charlottesville for information about Community Markets!

*Remember that cooking at home is more affordable than going out to eat! Compare meal costs when you cook in bulk rather than paying for individual meals.

Sample Recipe

Salmon Tacos with Pineapple Salsa from EatingWell.com



Portions: 4

Ingredients

- 1 (1 pound) salmon fillet (frozen \$4.99, fresh \$7.99)
- 1 teaspoon chili powder (\$0.05 to \$0.25 per teaspoon)
- $\frac{3}{4}$ teaspoon salt, divided (\$0.01 to \$0.05 per teaspoon)
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided (\$0.10 to \$0.25 per tablespoon)
- 1 (9 ounce) package coleslaw mix (5 cups) (\$1.50 to \$3.00)
- $\frac{1}{2}$ lime, juiced (\$0.30 to \$0.50 per lime)
- 8 (6 inch) corn tortillas, warmed (\$1.00 to \$1.50 per package)
- $\frac{3}{4}$ cup purchased pineapple salsa (\$2.00 and \$3.50 per jar)
- Chopped fresh cilantro, for garnish (\$0.79 to \$1.29 per bunch)

Total cost=Around \$18 for 4 servings which is \$4.50 per person!

Directions

1. Arrange oven rack in upper third of oven so salmon will be 2 to 3 inches below heat source. Preheat broiler to high.
2. Line a baking sheet with foil. Lay salmon on the foil, skin-side down. Broil, rotating the pan from front to back once, until the salmon is starting to brown, is opaque on the sides and the thinner parts of the fillet are sizzling, 5 to 8 minutes, depending on thickness
3. Sprinkle the salmon with chili powder and $\frac{1}{4}$ teaspoon salt. Drizzle with 1 teaspoon oil and brush with a heatproof brush to moisten the spices. Return to the oven and continue broiling until the salmon just flakes and the spices are browned, 1 to 2 minutes more
4. Meanwhile, toss coleslaw mix with lime juice, the remaining 1 tablespoon oil and the remaining $\frac{1}{2}$ teaspoon salt.
5. Flake the salmon, discarding skin. Divide the salmon among tortillas and top with salsa. Serve with the coleslaw and garnish with cilantro and hot sauce, if desired.

WHAT ELSE SHOULD I BE ADDING TO MY DIET?

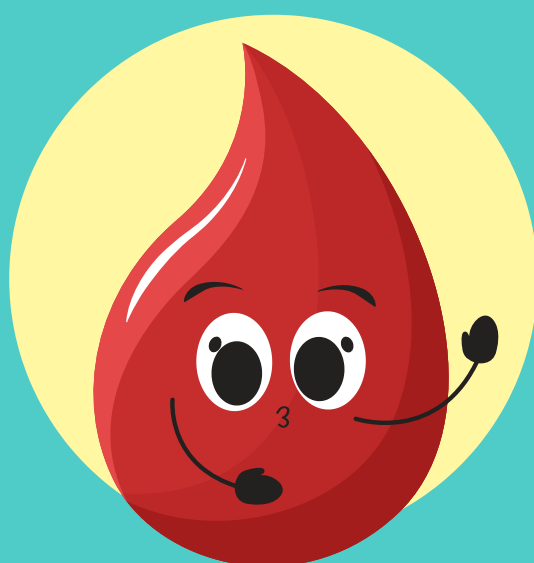
VITAMINS

*Vitamins are meant to supplement, or function in addition to a healthy and balanced diet—not replace one!



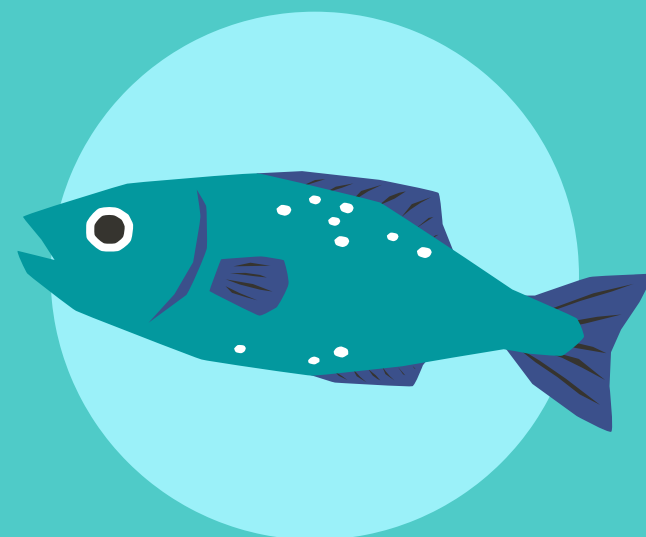
FOLIC ACID

Important during the first trimester to prevent neural tube defects (the formation of the spinal cord). 400-800 mcg of folic acid are recommended in the first 2-3 months of pregnancy. It is found in leafy greens, legumes, eggs, whole grains and more!



IRON

Iron promotes fetal development! It is found in animal products (lean meats, poultry, seafood) which is better absorbed than plant sources (beans, peas, lentils, vegetables). Iron is often consumed with Vitamin C-rich foods.



IODINE

For brain development of the fetus. Iodine can come from regular dairy, eggs, seafood or iodized table salt. Take a prenatal vitamin with at least 200mg of iodine!



CHOLINE

Choline replenishes maternal stores and support growth and development of the child's brain and spinal cord. Consume lots of eggs, meats, seafood, beans, peas, and lentils!



PRENATAL VITAMINS

Prenatal vitamins contain multiple vitamins in a single capsule. Look for one that contains things like folic acid, iron, calcium and vitamin D for bone health, as well as vitamin C, vitamin A, vitamin E, B vitamins, zinc and iodine. These are taken **daily during pregnancy** and are **covered by Medicaid!**

Sources: Mayo Clinic . (2018). Prenatal vitamins: Why they matter, how to choose. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/prenatal-vitamins/art-20046945>

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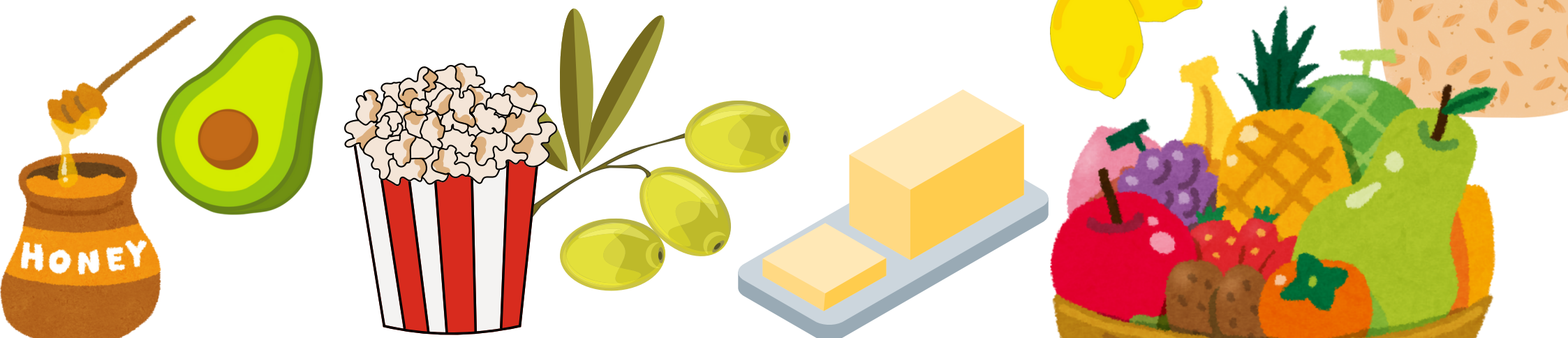
How to Plan Meals and Incorporate Whole Foods

Source: Nichols, Lily. Budget-Friendly Prenatal Nutrition. Lily Nichols RDN, 2023, www.lilynicholsrdn.com/budget-friendly-prenatal-nutrition/.

1. **Pick a Protein!** Choose a protein and figure out if you already have it in the fridge or freezer, or if you need to go to the store. Protein helps you be satiated in a meal so be sure to include it!
2. **Pick a vegetable (or two)** to go along with your protein—throw it in with the meat if you are slow-cooking it, roast it in the oven with your fish, chicken or steak, or buy it canned or frozen!
3. **Have a variety of spices to choose from in your pantry!** This can help mix up your meals and add flavor! If you are stuck, opt for a spice blend at the supermarket.
4. **Pick a carb if you want!** Options include pasta, sweet potatoes, potatoes, squash and more!
5. If you are having a hard time choosing what to make, visit **online meal planners** like the one by lily nichols.
6. **Stay organized**—print or have an online spreadsheet that maps out what you want to eat for the week for breakfast, lunch, dinner and snacks!

Here are some easy food swaps (processed to whole foods/less processed ones):

- Cereal for rolled oats and berries/honey or other toppings (this is actually cheaper!)
- Pre-packaged snacks (like granola bars) with alternatives like yogurt and fruit, popcorn, homemade granola, hummus and veggies (this allows for snacks in bulk rather than buying individual bars or snacks which can be more expensive)
- Store-bought dressings for homemade ones with staples you can buy in bulk (olive oil, vinegar, lemons)
- Fruit juice for seasonal fruit
- Soda for flavored sparkling water
- Mayo for avocado
- Jam or jelly for honey
- Margarine for butter



Restrictions During Pregnancy

Caffeine



During **pregnancy**, less than **200mg** or 2 cups of coffee per day should be consumed



While **breastfeeding**, **300mg** or less of caffeine should be consumed (2-3 cups of coffee)



Why? Too much caffeine narrows blood vessels, which prevents blood circulation and growth for the fetus



Sources of caffeine include coffee, soda, energy drinks, tea, and chocolate

Alcohol

You should not drink during pregnancy or excessively during lactation . When breastfeeding, 1 standard drink a day is permitted, but wait at least 2 hours before nursing. Remember, whatever the mother consumes—so does the baby!



Seafood

Consuming seafood during pregnancy is associated with good cognitive development in children! Eat about 8-12 ounces of seafood per week, but choose fish lower in methylmercury which can be dangerous for nervous system development (if in extremely high levels).

What is a serving? As a guide, use the palm of your hand.

Pregnancy and breastfeeding:
1 serving is 4 ounces
Eat 2 to 3 servings a week from the "Best Choices" list
(OR 1 serving from the "Good Choices" list).

Childhood:
On average, a serving is about:
1 ounce at age 1 to 3
2 ounces at age 4 to 7
3 ounces at age 8 to 10
4 ounces at age 11
Eat 2 servings a week from the "Best Choices" list.

Best Choices			Good Choices		
Anchovy	Herring	Scallop	Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster	Shad	Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	American and spiny	Shrimp	Carp	Sablefish	Tuna, yellowfin
Black sea bass	Mullet	Skate	Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Oyster	Smelt	Grouper	Snapper	White croaker/Pacific croaker
Catfish	Pacific chub mackerel	Sole	Halibut	Spanish mackerel	
Clam	Perch, freshwater and ocean	Squid	Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Pickrel	Tilapia			
Crab	Plaice	Trout, freshwater			
Crawfish	Pollock	Tuna, canned light (includes skipjack)			
Flounder	Salmon	Whitefish			
Haddock	Sardine	Whiting			
Hake					

Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

What about fish caught by family or friends? Check for [fish and shellfish advisories](#) to tell you how often you can safely eat those fish. If there is no advisory, eat only one serving and no other fish that week. Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants.

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice

*Do not consume raw juice or milk, raw sprouts, cheese from unpasteurized milk, deli and lunch meats and hot dogs should be heated to 165°F to kill bacteria (you can use a meat thermometer to check this).

Sources: ACOG District IX Public Health Committee. (2024). Nutrition, Lifestyle, and Women’s Health: A Call to Action. Acog.org. <https://www.acog.org/education-and-events/webinars/nutrition-lifestyle-and-womens-health-a-call-to-action>
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