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**WEIGHT GAIN, EXERCISE, & DIET**

***WEIGHT GAIN***

* On average, you should gain 25-35 pounds during your pregnancy (average of 45 pound weight gain for a twin pregnancy)
* If you are overweight or underweight at the beginning of your pregnancy, your weight gain may be more than or less than average. Weight loss is **not** encouraged during pregnancy
* **The most important thing you should do is eat a well balanced diet**
* Weight gain will be monitored throughout the pregnancy
* Majority of weight gain should happen in the last trimester, when baby is contributing to your weight
* \*It is important to remember: you are **not** eating for two adults
  + Pregnancy only requires about 300 extra calories per day for baby, which should be healthy fats (i.e. avocado, olive oil, nuts and seeds)
* Ideal **total** weight gain in pregnancy based on BMI:

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| BMI | Total Ideal Weight Gain |
| Underweight <18.5 | 28-40 pounds |
| Healthy weight 18.5-24.9 | 25-35 pounds |
| Overweight 25-29.9 | 15-25 pounds |
| Obese >30 | 11-20 pounds |

***EXERCISE***

* Exercise is encouraged during pregnancy (especially walking or swimming)
* If you have been exercising prior to pregnancy, continuation of the exercise is OK but may have to be modified
* Avoid overheating or dehydration
* After 16 weeks, you should avoid exercises that have you lie flat on your back
* Avoid saunas and hot tubs (especially in the 1st trimester) as this increases body temperature
* Activities **not** recommended:
  + Horseback riding, scuba diving, downhill skiing, and motorcycle riding
* Reference the American College of Obstetricians and Gynecologists (ACOG) “**Exercise During Pregnancy**” Informational sheet included in your packet for more information

***FOOD RESTRICTIONS***

* Certain raw foods increase the risk for Listeria, a type of food borne illness, which can cause serious complications during pregnancy. We recommend you avoid eating the following
  + Soft cheeses (i.e. brie, feta, mozzarella, blue-veined cheese) [unsafe unless it is labeled as “MADE WITH PASTURIZED MILK”], deli meat, fresh pate, meat spreads, or refrigerated smoked seafood (unless baked into a dish i.e. casserole), salads made in the store (i.e. ham salad, chicken salad, egg salad, etc.), raw (unpasteurized) milk
    - For more information visit **www.fsis.usda.gov**
  + Raw meat or fish (including sushi)
    - Pork and ground beef should be cooked to at least 160 °F
    - Beef, veal and lamb should be cooked to at least 145 °F
  + Certain fish have high levels of mercury contamination, avoid:
    - Swordfish, shark, king mackerel, tilefish, and any shellfish (including lobster) from Boston or New Bedford harbors. Limit canned tuna to 1-2 servings/month and avoid fresh tuna
  + For more information on fish/seafood consumption, visit:
    - **www.mass.gov/lists/fish-consumption-advisories**
  + ***Safe fish*** include shrimp, wild or Alaskan salmon, haddock, scrod, tilapia, sole, Maine lobster (avoid tomalley)

***DIET***

* CALCIUM
  + Many pregnant women do not get enough Calcium in their diet
  + Pregnancy requires 1200 mg of Calcium daily
    - This is equivalent to four 8 oz. glasses of milk, yogurt, or calcium-fortified orange juice
    - If you are not able to get this much Calcium in your regular diet, please let us know, as you may need a Calcium supplement
* IRON
  + Although mild anemia during pregnancy is very common, oral iron intake is important during pregnancy
    - Your provider will make a recommendation for extra supplementation of iron as needed
  + Your body uses iron in making extra blood (or hemoglobin) for mom and baby during the pregnancy
    - Iron helps deliver oxygen to your lungs, the rest of your body and your baby
  + During pregnancy, you typically need 27 mg of iron per day
* FOLATE (folic acid)
  + An increase in red blood cell production during pregnancy increases the risk for a folate deficiency
  + It is suggested pregnancy woman have a daily intake of 400-800 mcg of folic acid daily
    - This helps to prevent birth defects of baby’s brain and spinal cord

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| Best Sources of CALCIUM | Best Sources of IRON | Best Sources of FOLIC ACID |
| 1 cup yogurt, skim: 414 mg | 1 oz. Total cereal: 18 mg | ½ cup spinach (cooked): 130 mcg |
| 8 oz. skim milk: 303 mg | 4 figs: 1.6 mg | 3 oz. beef liver: 215 mcg |
| 2 cup cottage cheese: 300 mg | 3 oz. beef liver: 5.7 mg | ½ cup black-eyed peas: 105 mcg |
| 2 slices Calcium fortified bread: 300 mg | 3 oz. beef sirloin (or hamburger): 2.8 mg | 1 banana: 44 mcg |
| 3 oz. canned salmon: 211 mg | 3 oz. pork loin: 1 mg | ½ cup brussels sprouts: 47 mcg |
| 3 oz. sardines: 300 mg | 1 cup spinach: 6.4 mg | ½ cup medium-grain rice: 90 mcg |
| 1 oz. cheddar cheese: 202 mg | 1 cup peas: 2.5 mg | ½ cup enriched spaghetti: 74 mcg |
| 1 oz. parmesan cheese: 331 mg | ½ cup lentils: 6.25 mg iron | 4 spears asparagus: 89 mcg |
| ½ cup almonds: 192 mg | ½ cup prune juice: 5 mg | 1 cup romaine lettuce: 64 mcg |
| 4 oz. firm tofu: 166 mg | ½ cup garbanzo beans: 2.4 mg | ¾ cup orange juice: 35 mcg |
| 3 corn tortillas: 150 mg | ½ cup soybeans: 2.3 mg | 1 egg: 22 mcg |
| 1 cup broccoli: 178 mg | ½ cup lima beans: 1.8 mg | ½ avocado: 59 mcg |