

Table 4-5 Daily Food Pattern for Pregnancy

FOOD	AMOUNT
Milk, nonfat or low-fat, yogurt, cheese	3-4 cups
Meat (lean), poultry, fish, egg	2 servings (total 4-6 oz)
Fruits, fresh or canned, dark orange, including apricots, peaches, cantaloupe	2-4 servings, all types, often
Whole-grain and enriched breads and cereals	7 or more servings
Fats and sweets	In moderate amounts
Fluids	8-10 glasses (8 oz)

Modified from Mahan, L.K., & Escott-Stump, S. (2004). *Krause's food, nutrition, and diet therapy* (11th ed.). Philadelphia: W.B. Saunders.



Health Promotion Considerations

SAMPLE MENU FOR A PREGNANT WOMAN

Breakfast

- Orange juice (½ cup)
- Oatmeal (½ cup)
- Whole-grain or enriched toast (1 slice)
- Peanut butter (2 teaspoons)
- Decaffeinated coffee or tea

Midmorning Snack

- Apple
- High-bran cereal (¼ cup)
- Nonfat or reduced fat milk (½ cup)

Lunch

- Turkey (2 oz) sandwich on rye or whole-grain bread with lettuce and tomato and 1 teaspoon of mayonnaise
- Green salad
- Salad dressing (2 teaspoons)
- Fresh peach
- Nonfat or low-fat milk (1 cup)

Midafternoon Snack

- Nonfat or low-fat milk (1 cup)
- Graham crackers (4 squares)

Dinner

- Baked chicken breast (3 oz)
- Baked potato with 2 tablespoons of sour cream
- Peas and carrots (½ cup)
- Green salad
- Salad dressing (2 teaspoons)

Evening Snack

- Nonfat frozen yogurt (1 cup)
- Fresh strawberries

This menu assumes that the woman is of normal pre-pregnancy weight, that her weight gain is appropriate, that her activity is moderate, and that she is carrying only one fetus. Changes would be needed for the underweight or overweight woman, the adolescent, or a woman with a multifetal pregnancy.

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and dairy products. Beans, lentils, and other legumes; breads and cereals; and seeds and nuts in combination with another plant or animal protein can provide all the amino acids (components of protein) needed.

Examples of complementary plant protein combinations are corn and beans, lentils and rice, and peanut butter and bread. Plant proteins are also complemented with animal proteins, such as in grilled cheese sandwiches, cereal with milk, and chili made of meat and beans. The complementary foods must be eaten together because all the amino acids necessary for building tissues (essential amino acids) must be present at the same time.

Information about nonmeat sources of protein should be given to women who are vegetarians to ensure that their protein needs are met. The information can also help reduce the family's food budget because many plant protein sources are less expensive than animal sources.

Calcium

Pregnancy and lactation increase calcium requirements by nearly 50%. The recommended daily allowance (RDA) of calcium for pregnant women is 1200 mg. Dairy products are the single most plentiful source of this nutrient. Other sources of calcium include enriched cereals, legumes, nuts, dried fruits, broccoli, green leafy vegetables, and canned salmon and sardines that contain bones. Calcium supplements are necessary for women who do not drink milk (or eat sufficient amounts of equivalent products). Supplements are also necessary for women under 25 years of age because their bone density is not complete. Calcium supplements should be taken separately from iron supplements for best absorption. Nondairy alternatives for women with lactose intolerance are given on p. 62.

Iron

Pregnancy causes a heavy demand for iron because the fetus must store an adequate supply to meet the needs in the first 3 to 6 months after birth. In addition, the pregnant woman increases her production of erythrocytes. The RDA is 15 mg/day for nonpregnant adult women and 30 mg/day for pregnant women. Women who have a known iron deficiency may need more.