

When a woman becomes pregnant, her body changes in many ways. This includes her energy and nutrient needs, her immune system, weight gain, and other bodily and emotional changes. Being aware of and prepared for the changes will guarantee the best health and development for both mom and baby. Making healthy food choices with regular physical activity will help fuel your baby's growth and help keep you healthy during pregnancy.

Weight Gain and Caloric Needs

The risk of problems during pregnancy and delivery is the lowest when weight gain is kept within a healthy range. All women gain weight during pregnancy, although the amount of weight depends on the woman's prenatal BMI, the rate at which she gains weight, age, and appetite. Consult a doctor on how much weight is recommended. The caloric needs also increase. The following is the recommended calorie intake on average:

- First Trimester: No additional calories required
- Second Trimester: 340 additional calories needed per day
- Third Trimester: 450 additional calories needed per day

Key Nutrients and Supplements for Pregnancy

A varied and balanced diet can provide all the necessary nutrients for a healthy pregnancy. A balanced diet includes whole grains, fruits, vegetables, lean protein, dairy, and healthy fats. A woman should start taking a prenatal vitamin as soon as possible when planning to get pregnant and continues throughout pregnancy. Certain nutrients are crucial to the proper development of a baby while in the mother's uterus. Some nutrients to look for in supplementation include folic acid, iron, iodine, calcium, DHA, vitamin D, choline, and fiber. While consuming these nutrients in foods is also encouraged, supplements can help guarantee proper intake amounts.

Food Safety Tips

As a woman's immune system is compromised during pregnancy, it can help to use certain practices to prevent getting sick. For more information, visit fda.gov or foodsafety.gov

- Wash your hands often, especially before, during, and after meal preparation.
- Avoid unpasteurized (raw) juice or milk and cheeses.
- Avoid fish with high mercury content (bigeye tuna, orange roughy, swordfish, etc.)
- Avoid raw or undercooked fish, eggs, meat, and sprouts. Ensure to cook meat, fish, and eggs to the recommended temperature.

Morning Sickness

In the first trimester, hormone changes can cause nausea and vomiting. This is called "morning sickness," although it can occur at any time of day. Morning sickness usually tapers off by the second trimester. What might help:

- Eat several small meals instead of three large meals to keep your stomach from being empty.
- Eat bland foods low in fat and easy to digest, such as cereal, rice, and bananas.
- Sip on water, weak tea, or clear soft drinks. Or eat ice chips.

Physical Activity

Exercise during pregnancy can provide many benefits for the mother if able. Exercise can reduce body aches, boost mood and energy, improve sleep and labor, and prevent excess weight gain. Pregnant women should get at least 150 minutes of moderate-intensity aerobic activity weekly. Talk with your doctor about your activity level throughout your pregnancy.



ADDITIONAL RESOURCES

**Academy of Nutrition
and Dietetics**
eatright.org

**Women, Infants, and
Children**
health.hawaii.gov/wic

**American Pregnancy
Association**
americanpregnancy.org

Health Center
healthservices.byuh.edu

**Women's Services &
Resources**
wsr.byuh.edu

Counseling Services
counseling.byuh.edu