

## Nutrition Guidelines

### Foods to watch

- Fish: Avoid a few key species. King mackerel, marlin, orange roughy, shark, swordfish, tilefish, ahi tuna, mahi-mahi, and bigeye tuna all contain high levels of mercury. Eating about 2 to 3 servings per week of fish lower in mercury is fine, and can be eaten in place of other types of protein. Make sure to choose a variety of fish lower in mercury, such as salmon, tilapia, shrimp, tuna (canned light), cod, and catfish. Consumption of white (albacore) tuna should not exceed 6 ounces per week.
- All eggs, fish, and meat should be thoroughly cooked
- All milk cheese and juices should be pasteurized
- Check with us before consuming herbal supplements including teas
- Limit highly processed and preserved meats to no more than twice a week. Including bacon, hotdogs, and deli / lunch meats. When eaten they need to be thoroughly heated to avoid Listeria.
- All fresh produce should be thoroughly washed.
- Limit caffeine to 200mg a day (one 12 oz cup of coffee)
- Limit soda and fruit juices

### Do include:

- A minimum of 60 grams of protein per day
- 1500 mg of calcium a day
- 5 servings of vegetables and fruits a day
- 64 fluid oz. of water a day
- Your daily prenatal vitamin with folic acid and DHA

### How much weight should you gain?

- If underweight (BMI less than 18.5) 28-40 lbs.
- Normal weight (BMI 18.5-24.9) 25-35 lbs.
- Overweight (BMI 25-29.9) 15-25 lbs.
- Obese (BMI 30 or more) 11-20 lbs.
- Twins (Normal BMI) 35-45 lbs.