



Hackensack
Meridian *Health*
Riverview Medical Center



The Childbirth Center at Riverview Medical Center

Nutrition during Pregnancy

Foods to Avoid

- **Caffeine** – If you must have coffee, limit your daily intake to less than 200mg per day (or two 8oz cups of brewed coffee).
- **Alcohol** - There is no known safe amount of alcohol use during pregnancy. The Center for Disease Control (CDC) recommends that pregnant women and those trying to become pregnant abstain from alcohol.
- **Unpasteurized Milk**
- **Soft Cheeses**
- **Uncooked Poultry**
- **Shellfish**
- **Deli Meats and Hot Dogs**
- **High-Mercury Fish** – Examples include: Shark, Swordfish, King Mackerel, and Tile Fish.

You **are permitted** to eat up to 20 oz. of low-mercury fish per week, including: Shrimp, Canned Light Tuna (not Albacore), Salmon, Pollock, and Catfish

For More information about the Childbirth Center at Riverview Medical Center and our pre- and post-partum classes, contact us at 800-560-9990 or visit RiverviewMedicalCenter.com

Good nutrition is important every day, however, it is even more important before and during pregnancy to ensure you remain healthy and provide your baby with much-needed nutrients.

According to many doctors and the Academy of Nutrition and Dietetics, women should eat approximately 300 extra calories daily to maintain a healthy pregnancy. These calories should come from a balanced diet that includes protein, fruits, vegetables, whole grains, and minimal fats and sweets.

Nutrition is just one part of a healthy lifestyle during pregnancy. Exercising regularly, ensuring appropriate vitamin and mineral supplementation, and getting enough fluids is also very important.

Folic Acid

It is also important that women consume 400mg of folic acid each day to help reduce the risk of birth defects of the brain and spine. Folic acid is more beneficial during the first 28 days after conception, and should be incorporated as soon as you plan to become or find out you are pregnant. Talk to your doctor about the appropriate supplements and timing of taking supplements.

Good sources of folic acid include:

- Bread, cereal, pasta, rice, and flour
- Leafy, dark-green vegetables
- Citrus fruits and their juice and beans