

Making Sense of HIV and Pregnancy

Prenatal Classes – Day 3

- HIV, Nutrition and Pregnancy
- Postpartum depression
- Newborn care

Healthy Eating for a Healthy Pregnancy




Elisa Trigalo, MS, RD/LDN



Healthy Eating for a Healthy Pregnancy

 Important nutrients for Mom
and Baby

 Important nutrients for a
healthy immune system

 Dealing with side effects
(nausea, constipation,
heartburn)

Eating for 2?

-  You don't need to double how much you eat
-  But you do need to get a little more of some important nutrients

Important Nutrients for Mom and Baby

 Protein


 Iron

 Folic Acid

 Calcium

Protein

 Important for growth

 Need about 10 more grams
of protein per day during
pregnancy
(about 70 grams total per day)

Protein



Protein-rich foods include:

- Chicken, turkey, fish, beef, pork
- Eggs
- Beans/lentils
- Nuts/peanut butter
- Seeds
- Soy foods
- Milk, yogurt, cheese
- Soymilk, ricemilk

Iron

 Iron helps build the blood supply

 Iron-rich foods:

- Beef
- Pork
- Poultry
- Organ meats
- Whole-grain breads and cereals (fortified with iron)
- Dark green vegetables
- Beans/lentils
- Dried fruits

Folic Acid

 Helps build the nervous system and prevent many birth defects

 Folic acid is found in:

- Beans/lentils
- Dark-green vegetables (spinach, broccoli, greens)
- Whole-grain breads and cereals
- Oranges, Grapefruit
- Bananas
- Cantaloupe




Calcium

 Helps build and maintain bones

 Calcium is found in:

- All dairy foods (milk, yogurt, cheese)
- Canned salmon or sardines (with soft bones)
- Calcium-fortified soymilk or ricemilk
- Calcium-fortified juice
- Calcium-fortified cereals
- Dark-green vegetables
- Beans

Healthy Eating for a Healthy Pregnancy

-  Use the food groups as your guide.
-  Eat a variety of healthy foods from each food group
-  Aim to reach the recommended number of servings from each group every day

Food groups: Protein

3 servings
each day



- 🍴 chicken, turkey, ham, beef, pork
- 🍴 eggs
- 🍴 beans, peas, lentils
- 🍴 seeds (sunflower, pumpkin etc)
- 🍴 nuts (peanuts, almonds, cashews, etc)
- 🍴 peanut butter
- 🍴 tofu

Food groups: Dairy

3 servings
each day

Milk, Yogurt,
and Cheese



🍽️ Lowfat milk,
chocolate milk,
buttermilk

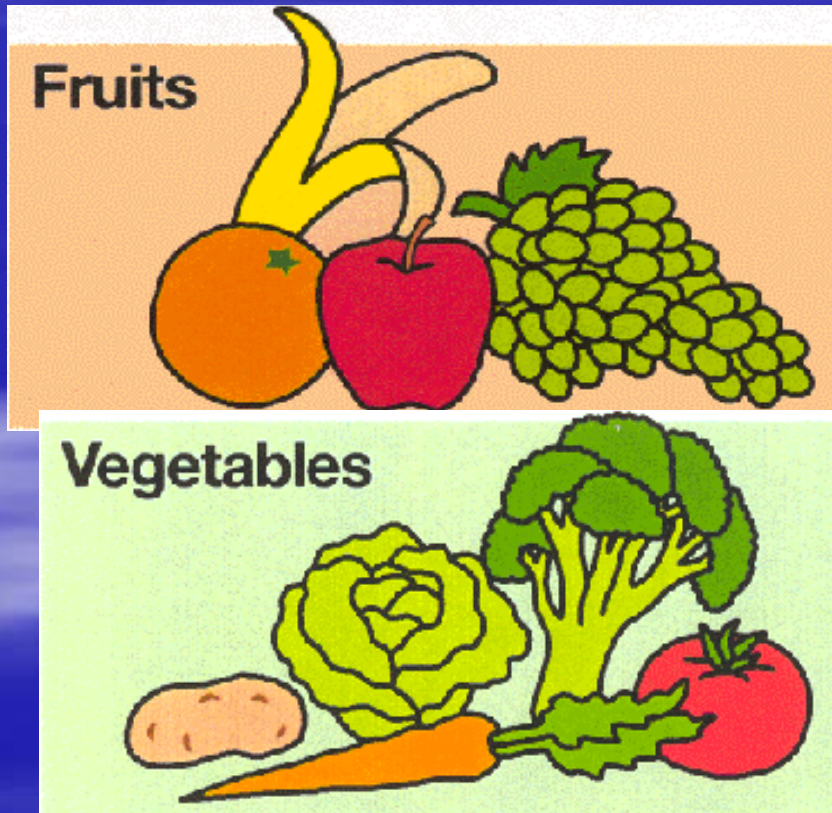
🍽️ Yogurt

🍽️ Cheese

Food groups:

Fruits & Vegetables

5 or more
servings each day











- 🍽️ Fresh fruit or veg
- 🍽️ canned fruit or veg
- 🍽️ frozen fruit or veg
- 🍽️ dried fruit
- 🍽️ 100% fruit juice
- 🍽️ vegetable juice

Food groups: Grains

8-11 servings
every day

**Breads, Cereals,
Rice, and Pasta**



-  Bread
-  Tortillas
-  Cornbread
-  Cereal
-  Oatmeal or grits
-  Rice
-  Noodles
-  Crackers

Food groups: Fluids

8 or more servings every day

 Water

 100% fruit juice

 Noncaffeinated tea

 Milk

 Other noncaffeinated,
nonalcoholic beverages

Challenges to healthy eating

 Nausea

 Constipation

 Heartburn/indigestion

Challenges to healthy eating

Nausea

- Eat small, more frequent meals. Try not to go long periods without eating—an empty stomach may actually make nausea worse
- Eat slowly
- Eat baked, broiled, or grilled foods rather than fried foods
- Try cold or room-temperature foods. Hot foods with strong aromas may make nausea worse

Challenges to healthy eating

Nausea

- Limit food aromas by opening a window and preparing bland foods (such as baked skinless chicken)
- Snack on soda crackers, pretzels, or toast
- Sip fluids throughout the day to prevent dehydration, which can make nausea worse. Sometimes using a straw can help prevent nausea
- Drink cool, clear beverages such as ginger ale
- For a warm beverage, try ginger tea with honey

Challenges to healthy eating

Nausea

- Drink beverages between meals rather than with meals
- Avoid greasy or fried foods
- Avoid very spicy foods
- Avoid caffeine (caffeine is found in coffee, colas, black tea)
- Avoid raw onion or garlic
- Avoid acidic fruits or juices (orange, grapefruit, pineapple, tomato)

Challenges to healthy eating

Nausea

- Stay seated upright after eating. Do not lie down for two hours after eating
- Wear loose fitting clothes
- You may want to avoid your favorite foods when you're feeling nauseated because you may begin to associate these foods with feeling ill

Challenges to healthy eating

Constipation

- Drink more fluids
- Drink prune juice
- Eat more fiber, especially “roughage” fiber such as: beans, peas, lentils, fruit (with the skin), raw vegetables, whole grain bread, whole grain and bran cereals

Challenges to healthy eating

Constipation

- Increase your fiber intake gradually, and also increase fluids
- Increase activity, such as taking a walk or walk in place while watching TV (Always check with your doctor before beginning an exercise program)

Challenges to healthy eating

Heartburn/indigestion

- Eat small, more frequent meals
- Eat slowly
- Eat baked, broiled, or grilled foods
- Avoid greasy or fried foods
- Avoid spicy foods
- Avoid caffeine (caffeine is found in coffee, colas, black tea)

Challenges to healthy eating

Heartburn/indigestion

- Avoid raw onion or garlic
- Avoid acidic fruits or juices (orange, grapefruit, pineapple, tomato)
- Stay upright after eating. Do not lie down for two hours after eating
- Wear loose-fitting clothes