

# YOUR PREGNANCY'S NUTRITIONAL JOURNEY

## DURING PREGNANCY

**Q:** Why is healthy eating important during my pregnancy?

**A:** As your body changes in response to pregnancy, your body will have new nutritional needs. Eating a nutritious diet that includes important vitamins and minerals can help to reduce pregnancy symptoms, such as nausea and constipation, and improve the birth weight and immune system of your baby.



### What qualifies as nutritious food?

During pregnancy and breastfeeding, women will have a greater need for vitamins and minerals. One way to make sure women are receiving these nutrients is by eating a balance of and a variety of fruits and vegetables, whole grains, beans, nuts, lean meats, and dairy products. (ACOG)

### How can I make sure I eat nutritiously?

To make sure you are eating nutritiously throughout your pregnancy and after, you should:

- Attend your prenatal and post-op appointments
- Take prenatal vitamins as recommended
- Keep a daily food journal to track your eating
- Try opting for homemade foods with fresh or frozen vegetables and lean meats instead of relying on fast food menu selections
- If cooking at home doesn't come naturally to you, check out the free resources in your community for learning to cook nutritious meals



Scan this code to see My Pregnancy Plate - a guide on optimal nutrition

### How can I access healthy foods?

Resources in the community can support you in accessing affordable, nutritious foods:

- Cooking classes (Natural Grocers, virtual lessons)
- Klamath County Women, Infant, and Children (WIC)
- Klamath-Lake Counties Food Bank
- Home & community gardens
- Food assistance program (SNAP)

### Are there certain foods or drinks I should avoid?

- Seafood that is high in mercury, such as bigeye tuna, king mackerel, and swordfish
- Undercooked meat, seafood, and poultry
- Unwashed fruits and vegetables
- Alcohol and other drugs
- Unpasteurized dairy products, or products that were made with unpasteurized milk (Mayo Clinic)

## AFTER PREGNANCY

**Q:** How does my diet affect my breastfeeding?

**A:** The foods that you eat while you breastfeed can change the flavor and nutritional value of your breast milk. Eating healthy can ensure that you and your baby receive all the proper vitamins and minerals you need. (Mayo Clinic)



### For Babies

Breastmilk can protect your baby from infections and other illnesses, while they are young and later in life. These include sudden infant death syndrome, asthma, and diabetes. Babies who are breastfed will receive antibodies, protein, sugar, vitamins, and hormones that will help them grow and develop. (American Pregnancy Association)

### For Mothers

Breastfeeding has several positive outcomes for mothers! It can help you bond with your baby, burn extra calories, and gain some health benefits. These health benefits include the release of hormones such as oxytocin and prolactin and reduced illnesses, such as breast cancer, cardiovascular diseases, and diabetes.

- Prolactin: produces milk
- Oxytocin: help uterus return to pre-pregnant size, release of milk (Healthy Children)

## Nutrition Facts

Check out these **Resources**

**2020**

**American College of Obstetricians & Gynecologists**  
[www.acog.org](http://www.acog.org)

**American Pregnancy Association**  
[www.americanpregnancy.org](http://www.americanpregnancy.org)

**Blue Zone Project**  
[www.oregon.bluezonesproject.com](http://www.oregon.bluezonesproject.com)

**Healthy Children**  
[www.healthychildren.org](http://www.healthychildren.org)

**Klamath-Lake Counties Food Bank**  
[www.klamathfoodbank.org](http://www.klamathfoodbank.org)

**Mayo Clinic**  
[www.mayoclinic.org](http://www.mayoclinic.org)

**Nutrition Program for Women, Infants, and Children**  
[www.klamathcounty.org](http://www.klamathcounty.org)

**OHSU Moore Institute**  
[www.ohsu.edu](http://www.ohsu.edu)

**Supplemental Nutrition Assistance Program**  
[www.govstatus.egov.com/or-dhs-benefits](http://www.govstatus.egov.com/or-dhs-benefits)