



## Prenatal Exercise

What should I be doing in pregnancy??

Walking: walking raises heart rate, increases good hormones and encourages good fetal positioning

Swimming: swimming raises heart rate, encourages open pelvis and hips, increases circulation and reduces swelling

Yoga: yoga improves mood, helps with flexibility and breathing preparation for labor and encourages good fetal positioning.

Any other exercise that you have already been participating!! Keep it up!!

The best type of exercise to do in pregnancy is one that you enjoy doing; exercise that raises heart rate but making sure that you are still able to continue a conversation.

Studies have shown that women who exercise regularly in pregnancy reduce the risk of cesarean section by twenty percent. Other studies have shown there is a positive correlation between physical exercise and mood!

What to avoid: overheating (be careful with hot yoga or intense aerobic activities), increasing heart rate to a point that breathing/talking becomes difficult, contact sports (hockey, downhill skiing, football).





## Prenatal Nutrition

With so many conflicting ideas out there, what should we really be eating during pregnancy??

**Extra Calories:** If you are strictly looking at caloric intake, then 300 extra calories is recommended for a pregnancy with one little one. That recommendation increases with multiples; add 150 extra on top of that if pregnant with twins. Most importantly though, is listening to your body it gives you very clear signals on how much extra to be adding to your normal diet.

The more important aspect here is the right combination of foods and the recommended quantities of these foods.

Amount plus good sources

- **Water:** 6 to 10 glasses of clean, filtered water each day.
- **Calcium:** The American College of Obstetricians and Gynecologists (ACOG) recommends 1,000 milligrams (mg) per day for pregnant and lactating (breastfeeding) women. Women 19 years or younger need 1,300 milligrams a day. Eat or drink four servings of dairy products or foods rich in calcium. Dairy products are the best source of calcium. Other sources of calcium are dark, leafy greens, fortified cereal, breads, fish, fortified orange juices, almonds and sesame seeds.
- **Folic acid:** The March of Dimes recommends 400 micrograms (mcg) per day for pregnant women. This amount is included in your prenatal vitamins. Foods rich in folic acid include lentils, kidney beans, green leafy vegetables (spinach, romaine lettuce, kale, and broccoli), citrus fruits, nuts and beans. Folic acid is also added as a supplement to certain foods such as fortified breads, cereal, pasta, rice and flours.
- **Iron:** Iron is an important part of red blood cells, which carry oxygen through the body. Iron will help you build resistance to stress and disease,

as well as help you avoid tiredness, weakness, irritability, and depression. ACOG recommends you receive 27 total milligrams of iron a day between food and your prenatal vitamin. Good sources include whole grain products, lean beef and pork, dried fruit and beans, sardines and green leafy vegetables.

- **Vitamin A:** ACOG recommends you receive 770 micrograms of Vitamin A daily. Foods rich in Vitamin A are leafy green vegetables, deep yellow or orange vegetables (e.g., carrots or sweet potatoes), milk, and liver.
- **Fruits and veggies:** 8-10 servings per day including two leafy greens, one yellow one and one orange one: Sweet potatoes and kale are excellent food choices!
- **Whole grains:** 2-4 servings per day. Try to stay away from wheat, even whole wheat. Other good whole grain sources include brown rice, pasta, couscous and quinoa.
- **Protein:** During pregnancy protein needs increase. 75 - 100 grams of protein are recommended every day. Choose a variety of protein-rich foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- **Caffeine:** It is recommended to limit your caffeine intake. Limiting to one or two cups of coffee or tea is best. Soda is not recommended due to the high sugar content.
- **Sugar:** try to stay away from refined sugars and high fructose corn syrup.

### **What to avoid in pregnancy:**

For the most part, our body is good at giving us the signals of what is good for us to be eating and we don't crave those things that are not as good for us. But there are a few things that really should be avoided during pregnancy just to be safe

- Alcohol
- Raw seafood/fish
- Uncooked deli meats
- Soft, raw cheeses or unpasteurized milk