



## Nutrition & Fitness in Pregnancy

Nutrient needs increase during pregnancy. In the second and third trimester energy needs increase about 300 calories a day.

### Key Nutrients

**Calcium** (Recommended daily intake: 3-4 cups)

Nutrients play an important role during pregnancy. Calcium builds bones and teeth. It helps the circulatory, muscular and nervous system function normally.

Food	Serving Size	Total Calcium amount
Yogurt	8 ounces	450 mg
Milk	1 cup	300 mg
Cheese	1 ½ ounces	275 mg
Orange juice, fortified	6 ounces	200-260 mg
Salmon, canned with bones	3 ounces	180 mg
Spinach, cooked	½ cup	120 mg

**Fiber** (Recommended daily intake: 25-30 grams)

Fiber helps prevent constipation and reduces the risk of certain cancers.

Food	Serving Size	Total Fiber amount
Kidney beans	½ cup	6.5 mg
Whole wheat pasta (cooked)	½ cup	6.0 mg
Pear	1 medium	5.1 mg
Raspberries	½ cup	4.0 mg
Potato (baked, plain w/skin)	1 medium	3.8 mg
Apple	1 medium	3.3 mg
Banana	1 medium	3.1 mg
Brown rice (cooked)	½ cup	1.8 mg

### Water

Try to drink 6-8 glasses (48-64 ounces) of water a day. Adequate fluids can help:

- Carry nutrients throughout the body.
- Provide fluid for increased blood, tissue and amniotic fluid.
- Prevent bladder infections, constipation and dehydration.
- Regulate body temperature.

### Caffeine

Caffeine should be limited to small to moderate amounts, around 100 milligrams per day. This list shows caffeine amounts in some beverages:

- 60-100 mg. per 8 oz. cup of coffee
- 50 mg. per 12 oz. soda
- 40 mg. per 1 oz. espresso
- 30 mg. per 5 oz. cup of leaf/bag tea



## Weight Gain in Pregnancy

These guidelines are based on pre-pregnancy weight:

- Underweight (BMI <19): 28-40 pounds
- Normal weight (BMI 19-26): 25-35 pounds
- Overweight (BMI 26-29): 15-25 pounds
- Obese (BMI >29): 15 pounds
- Twin pregnancy/  
multiple gestation:  
35-45 pounds



Breasts 1.1

Placenta 1.6

Amniotic Fluid 2

Fetus 8.3

Uterus 2

Fat Stores 8-10

Blood 3

Other Fluid 6-11

Total = 33.0 lbs.

## Exercise and Fitness in Pregnancy

General guidelines for exercise in pregnancy:

- Get regular moderate exercise for **30 minutes or more** most, if not all days of the week.
- Avoid exercising in very hot or humid conditions.
- Do not exercise with a fever.
- Warm up and cool down for periods of 5-10 minutes, including stretching.
- Avoid vigorous, intense, competitive levels of exercise.
- Get up from floor slowly to avoid feeling faint or dizzy.
- Drink plenty of water before, during and after exercise. Avoid sports drinks.
- After 20 weeks, avoid exercises that require you to lie on your back for more than few minutes.
- As with anyone who exercises, avoid deep knee bends, full sit-ups, double leg raises and straight leg toe touches.
- Avoid sudden, jerky movements due to ligament relaxation.

## Should I be cautious about my exercise program?

Some women may need to carefully evaluate their exercise program with their provider:

- Those with pregnancy-induced high blood pressure.
- Those with preterm labor during or in a previous pregnancy.
- Those diagnosed with an incompetent cervix (a cervix that doesn't stay closed).
- Those with persistent second and/or third trimester bleeding.
- Those with babies diagnosed with intrauterine growth retardation.
- Those carrying more than one baby.
- Those with underlying medical diseases.

## Are there any activities I should avoid?

Avoid any sport that might cause trauma or serious injury to the abdomen. Even mild injury could lead to a potentially serious risk to the baby, such as a placental abruption (where the placenta pulls away from the wall of the uterus). Use common sense for activities that have the potential for falling. Avoid altitudes and activities above 7,500 feet. Remember that treating injuries in pregnancy can be more difficult because of risks of surgery, anesthesia or drugs. If you have questions about specific activities, discuss with your provider.

## What symptoms should I pay attention to?

- Pain. "No Pain, no gain" concepts do not exist in pregnancy. Active and very fit women may be used to discomfort during workouts. Listen to your body, if discomfort moves to pain, slow down.
- Bleeding
- Dizziness, shortness of breath, palpitations, faintness and or rapid heart rate.
- Pubic pain. Pubic pain may be a sign of irritation or if persistent, a more serious injury to the pubic bone due to loosening of ligaments.
- Rupture of membranes or regular uterine contractions.
- Decreased fetal movement.

EASY,  
CONVENIENT  
CARE.

- Online visits with CentraCare providers
- \$25 per visit

[centracare.com/eclinic](http://centracare.com/eclinic)

**CENTRACARE eClinic**

