



Integrative Health Link

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Nutrition for Pregnancy

It is important during pregnancy to not dramatically change your previous diet, or if desired, change slowly (unless you have had a terribly unhealthy diet previously of course). The reason for this is to be careful not to create dramatic shifts or imbalances that might affect your pregnancy. Often your own intuition about food is heightened at this time which is important to take into account. For the most part, eat whole, fresh foods and sufficient green veggies (preferred steamed) which will not only provide nutrition, but will reduce edema and/or swelling. Raspberry leaf tea taken throughout a pregnancy helps to tonify the uterus and regulate hormones to ease hormonal shifts.

Chinese Nutrition

According to Dr Xu Zi Cai
(493-572)

1st Month – eat nourishing and easily digested foods: especially Barley

2nd & 3rd Month – avoid pungent, hot & drying foods

4th Month – rice, fish, goose to make the fetus' Qi & Blood strong

5th Month – wheat, beef, lamb and extra sleep; lots of light and bathing

6th Month – light exercise, especially breathing to strengthen fetus' lungs.

7th Month – exercise that flexes joints, avoid cold foods, eat rice to nourish fetus' teeth & bones.

8th Month – avoid emotional upset & practice quiet breathing to maintain Qi and promote lustrous skin in the fetus.

9th Month – eat sweet foods, wear loose clothing, avoid dampness. Concentrate Qi to lower *dan tian* (a handbreadth below umbilicus) to promote the growth of fetus' joints & mental faculties.

Western Nutrition

Western Nutrition (Besides pre-natal vitamins – food choices to enhance health)

All foods are best if natural or organic and less processed.

First Trimester (Focus)

Vitamin A: Fish oils, egg yolk, butter, cheese, yogurt, carrots, spinach, red peppers, tomatoes, broccoli, apples, and mangoes.

Vitamin B: molasses, egg yolks, whole grains, wheatgerm, rice, legumes, green veggies, bananas, papaya, dried peaches, prunes.

Folic Acid: (up to 400ug/day for first trimester) green leafy veggies, wholegrains, wheatgerm, milk, salmon, root veggies, nuts.

Vitamin C: citrus fruits (avoid oranges or orange juice), blackcurrants, melons, pineapple, bananas, raspberries (especially wonderful because help to strengthen uterus), apples, prunes, tomatoes, potatoes, green peppers, Brussels sprouts, kale, broccoli, parsley, alfalfa, rosehips.

Vitamin E: unrefined, cold pressed oils (olive, flax etc) wholegrains, wheatgerm, nuts, green leafy veggies, avocados, molasses, and eggs.

Iron: molasses, wholegrains, wheatgerm, red meat, poultry, almonds, egg yolk, wholegrains, avocados, dried figs, currants and green leafy veggies. Iron uptake is increased if taken with Vitamin C.

Zinc: meat and poultry, fish, ginger, sunflower, sesame, pumpkin and sprouted seeds, almonds, soybeans, green leafy veggies, watercress, wheat & oat germ, wholegrains.

Second Trimester (1st trimester plus)

Vitamin D: whole milk, cheese, yogurt, eggs, fish oil and fatty fish.

EFA's (Essential Fatty Acids): nuts, unrefined oils, nut butters (almond, sesame etc), green leafy veggies, seeds

	<p>(sunflower), oily fish (mackerel, Tuna).</p> <p>Calcium: wholegrains, nuts, dairy products, carob, dolomite, green leafy veggies</p> <p>Chromium: molasses, wholegrains, wheatgerm, veggies, butter</p> <p>Magnesium: nuts, kelp, seafood, eggs, milk, wholegrains, green veggies, dolomite</p> <p>Selenium: Tuna, herring, butter, wheatgerm, brazil nuts, garlic, wholegrains.</p> <p style="text-align: center;">Third Trimester (1st & 2nd trimesters plus)</p> <p>Vitamin K; cauliflower, cabbage, egg yolks, green leafy veggies, soya beans</p> <p>Calcium: Carob, brazil nuts, yogurt, rhubarb, green leafy veggies, dairy products</p>
<p>Foods to avoid and/or reduce in diet</p>	<p>Avoid/reduce foods containing too much sugar or caffeine, saturated fats (fried foods), additives, preservatives, and sodas.</p> <p>Particularly avoid: pate, cooked <u>chilled</u> foods (left-overs), undercooked meat, uncooked eggs, soft or blue-veined or unpasteurized cheese (Brie, Blue Cheese) – These carry the risk of infection from salmonella, listeria</p>
<p>Food remedies</p>	<p>Morning Sickness:</p> <ol style="list-style-type: none"> 1. bland foods (millet, quinoa, amaranth, rice, yogurt, saltine crackers) 2. grapefruit peel tea (organic grapefruit, strip peel and steep as tea) 3. small meals or snack throughout day 4. make sure you are not dehydrated <p>Constipation: Drink a glass of unfiltered peach juice a day (organic preferred).</p>