

CMS Nutritional Guidelines

Normal Pregnancy

Good Nutrition is the Foundation for a Healthy Mom and Healthy Baby

Protein

We recommend 60-80 grams of protein each day for the average pregnant woman. Some women need more, such as those showing signs of Gestational Diabetes, Pregnancy Induced Hypertension or Preeclampsia. **Foods high in protein are:**

Dairy: cheese, cottage cheese, eggs, Greek yogurt. If you choose to eat yogurt, choose one low in sugar and without aspartame or other artificial sweeteners. We recommend that you get 1-2 servings of some form of dairy each day. However, some women prefer not to include dairy to their diet due to sensitivities etc.

Meats: beef, poultry, pork, buffalo.

Seeds and Nuts: peanuts, almonds, walnuts, sunflower seeds, and cashew.

Legumes: pinto beans, kidney beans, garbanzo beans, navy beans, lentils. Tofu is also an acceptable protein source for clients who are vegetarian; however we do not recommend excessive consumption of soy and caution that many soy products are GMO. If consuming soy, it is best to look for non-GMO, fermented soy products.

Fish: should only be eaten 1-2 times a week and small fish, such as salmon, tuna, and tilapia are best.

Complex Carbohydrates

We recommend that pregnant women eat 240 grams of complex carbohydrates per day. That means only 100% whole grains like old fashioned or steel-cut oats, stone ground wheat bread, whole wheat pasta, brown rice, whole sprouted grains, quinoa etc. No white flour, white rice, corn, cornmeal. Your carbohydrate intake should not exceed 240 grams per day and *no meal or snack should contain more than 25% of your total carbohydrate intake for the day.*

Fruits

Pregnant women need to eat 2 servings of fruit per day to obtain vital minerals and vitamins. A serving of fruit is 1 cup or 1 piece of the fruit. The best way to ensure a wide variety of nutrients is to pick out and alternate with different colorful fruits. We strongly suggest those that give you the best nutritive value while remaining lower on the glycemic index. Examples are: cherries, strawberries, blackberries, raspberries, blueberries, apricots, grapefruit, kiwi, peach and tangerines. These are lower in sugar but highest in nutrients. Fruit juices are high in sugar and should be limited to only 4 ounces (half a cup) a day, and is considered a fruit serving.

Dark Leafy Vegetables

We encourage two good sized servings of dark leafy greens per day. Examples are: Romaine or green leaf lettuce, spinach, kale, lacinato kale, red kale, Swiss Chard, rainbow chard, turnip greens, mustard greens, collard greens, dandelion greens, bok choy, sweet potato or beet greens, broccoli and sea weeds (such as kelp or nori). Iceberg lettuce doesn't count because it has no nutritional value. We suggest you look for the darkest greens you can find and eat a variety of them throughout your pregnancy.

Vegetables

We encourage you to eat LOTS of fresh or frozen vegetables every day. You need to include all the color you can when choosing vegetables. Here are some colorful suggestions: Red: tomatoes, red bell peppers, beets, radishes, red/purple cabbage, eggplant. Yellow/Orange: yellow/orange bell peppers, squash, pumpkin, golden beets, yellow beans. Green: broccoli, green beans, celery, asparagus, okra, avocado, zucchini, brussels sprouts, kohlrabi, chayote. Healthy root vegetables include: jicama, lotus root, sweet potatoes, purple potatoes, and carrots. Vegetables that should be eaten in great moderation are carrots, potatoes, peas, and corn. These all have high amounts of natural sugars and shouldn't be the only vegetables consumed.

Fats

Fats should make up approximately 30% of your total caloric intake each day. This would be 83 grams of fat for a 2500 calorie diet. Fats are especially important for the proper development of your baby's nervous system. Healthy fats include: butter, olive oil, grape seed oil, coconut oil (not hydrogenated), flax seed oil, ghee (clarified butter), lard (preferably from organic, pastured animals), full-fat dairy products (such as yogurt), avocado, meats, and nuts. Some oils that should be avoided include: margarine, vegetable oil, corn oil and canola oil.

Sodium

Pregnant women should salt food to taste. This means use table salt to satisfy your palate. Salts that we recommend: Himalayan pink salt and Celtic sea salt (these are not highly processed and include other vital minerals). Foods that are abundant in natural sodium: celery, cucumber, kelp and dulce (seaweed) and fish. Avoid: processed foods that are high in sodium, because these are also high in additives like MSG and nitrites.

Timing Meals

Making sure to have something to eat every 2-3 hours will keep your blood sugar (and your baby's blood sugar) stable and will reduce feelings of nausea, fatigue and indigestion. It is best to combine a Protein/Complex Carbohydrate/Fat with every meal or snack to aid digestion and maintain blood sugar levels. It can be helpful to have protein bars and protein shakes (low in sugar) for snacking when you find yourself busy, but remember that these should not replace meals. Some women find that they are unable to eat much at one sitting and that they feel better when they try and eat smaller meals more frequently.

Water

Hydration is vitally important during pregnancy as dehydration is a major factor in the minor and major complaints and symptoms of pregnancy (Such as an irritable uterus, headaches, increased blood pressure and preterm labor and birth). We recommend a formula that will ensure that each woman is meeting their minimum requirements: Take your weight and divide it by 2. This will be the minimal # of ounces of water you will need to consume each day. Fruit-infused water is an easy way to introduce flavor (such as soaking strawberries, cantaloupe or watermelon in a gallon of water overnight), and low-sugar electrolyte balancing drinks such as coconut water or maple water can be introduced (in moderation) to make hydration easier. You can substitute up to 1 quart per day of water with pregnancy teas (such as red raspberry leaf tea).

Avoid

Processed foods, sugars and refined foods. Examples include: white sugar, refined white flour, white rice, white pasta, box mixes, cold cereal and highly processed meats that contain nitrates and nitrites (such as bacon, pepperoni, and summer sausage).

Organic and GMO Free

Avoiding pesticides and genetically modified foods during pregnancy (as much as possible) is essential. These are dangerous chemicals that are harmful to both your health, and the health of your baby. The same goes for genetically modified foods (GMOs). There is some evidence that eating GMO products causes health problems, and exposing your baby to unknown risks by eating large quantities of genetically modified food is not advisable. See below for a list of the most important produce to buy organic and the highest risk GMO crops to avoid:

What to Buy Organic!

Dirty Dozen List Courtesy of The Environmental Working Group	High-Risk GMO Crops Courtesy of Non-GMO Project
1. Apples	1. Canola (i.e. canola oil)
2. Celery	2. Corn (check food additives list below)
3. Cherry Tomatoes	3. Papaya
4. Cucumbers	4. Soy (check food additives list below)
5. Grapes	5. Sugar Beets (used to make sugar and other sugar additives like inverted sugar syrup)
6. Hot Peppers	6. Zucchini and Yellow Summer Squash
7. Nectarines (Imported)	Common Ingredients Derived from GMO Risk Crops:
8. Peaches	Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid
9. Potatoes	Sodium Citrate, Ethanol, Flavorings ("Natural" and "Artificial"), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein
10. Spinach	Lactic Acid, Maltodextrin, Molasses, Monosodium Glutamate (MSG), Sucrose
11. Strawberries	Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products.
12. Sweet Bell Peppers	

Supplements

Please call your midwife before you take any supplement or over the counter medicine. Some are considered safe in pregnancy and some can be very dangerous. We recommend natural whole-food source supplements in pregnancy. The supplements we recommend have the highest bioavailability of minerals and vitamins. Brands that are taken only once a day or are bought from the grocery store/pharmacy do not give you the nutrition you need because the vitamins are synthetic and are not as well absorbed by the body. A prenatal multivitamin, and additional calcium and minerals are recommended during pregnancy. Below are recommended brands:

Recommended Prenatal Multivitamin brands: Vitanica (available at CMS), Maternal Symmetry, Garden of Life My Kind Prenatal, Michaels Naturopathic Program Prenatal.

Calcium/Mineral Brands: Calcium Citrate is the form best utilized in supplement form. Brands include; Melaleuca Minerals (available at CMS), NOW brand Calcium Citrate tablets, Vitanica Osteo Blend.

Vitamin C: 1000mg of vitamin C daily has been shown to strengthen the amniotic sac and reduce other pregnancy problems.

Iron: We find that liquid Chlorophyll is the most effective way to raise hemoglobin. This may be recommended to you if your lab results show low hemoglobin. For severe anemia, you may also be asked to take other supplements such as B12 sublingual, an iron supplement (such as Pur Absorb) and additional Vitamin C.

Probiotic: We highly recommend regular consumption of probiotics in the form of kefir, greek yogurt or a good quality supplement. Probiotics promote good digestion, healthy gut flora, and boost your immune system.

Tea: Red raspberry leaf tea is beneficial due to the toning qualities of the herbs, as well as their high nutrient content and many women enjoy drinking it throughout their pregnancy. There are also many non-caffeinated teas available at the health food store and grocery store, these can replace up to 1 quart of your water requirements per day, but no more than that.

Heart Burn: Papaya enzymes, DGL (Deglycyrrhizinated Licorice), ginger (raw, candied, tea etc), Young Living Di-gize oil or Peppermint oil, aloe (not from concentrate), and apple cider vinegar with manuka honey. Do not use: Tums, because it is poorly absorbed by the body and is filtered out by the placenta leaving many calcium deposits throughout the placenta.

Headaches: Tylenol can be taken in moderation during pregnancy, but if you find you have to take it more than once – call the midwife on call. Peppermint essential oil can also help with headaches. Ibuprofen should not be used in pregnancy.

Unsafe Supplements: please do not use blue or black cohosh, castor oil or any other induction methods without discussion and supervision by your midwife. These are powerful medicines and can be dangerous if not properly used and monitored.

Protein Guide

Meat and Eggs

Eggs: 2 – 12 grams
Beef: 3oz – 21 grams
Steak: 3oz – 20 grams
Corned Beef: 3oz – 22 grams
Chicken/broiled: 3oz – 23 grams
Lamb: 4oz – 24oz
Pork: 3oz – 18 grams
Ham: 3oz – 16 grams
Turkey: 3½oz – 27 grams
Veal: 3oz – 23 grams
Kidney/braised: 3½oz – 33 grams
Frankfurter: 2 – 14 grams
Clams/steamed: 3oz – 12 grams
Cod/broiled: 3½oz – 28 grams
Crabmeat: 3oz – 14 grams
Fish Sticks/breaded: 5 – 19grams
Flounder/baked: 3½oz – 30 grams
Haddock/fried: 3oz – 16 grams
Halibut/broiled: 3½oz – 26 grams
Lobster/steamed: ½ med – 18 grams
Shrimp/steamed: 3oz – 23 grams
Swordfish/broiled: 1 steak – 27 grams
Tuna/canned: 3 oz – 26 grams
Salmon: 4 oz – 24 grams

Nuts

Sunflower Seeds: ½ cup – 12 grams
Almonds/Cashews: ½ cup – 12 grams
Peanuts: 1/3 cup – 13 grams
Peanut Butter: 1/3 cup – 13 grams
Sesame Seeds: ½ cup - 9 grams
Walnuts: ½ cup – 7 grams
Brewer's Yeast: ¼ cup – 13 grams

Dairy

Milk:
Whole 1qt – 32 grams
Skim 1qt – 36 grams
Powered 1cup – 30 grams
Unsweetened Soy Milk: 1 cup – 8 grams
Yogurt: skim 1cup – 8 grams / Greek 14 grams
Custard: baked – 13 grams
Ice Cream: 1 cup – 6 grams
Ice Milk: 1 cup – 9 grams
Cheese:
Cottage 1cup – 34 grams
Cheddar: ½ cup – 14 grams
Cream: 1/2 oz – 6 grams
Roquefort: 1oz- 6 grams
Swiss: 1 oz – 6 grams

Vegetables

Artichoke: 1 – 2 grams
Asparagus: 6 spears – 1 gram
Beans:
Green: 1 cup – 1 gram
Lima: 1 cup – 8 grams
Navy: ¾ cup – 11grams
Red Kidney: 1 cup – 15 grams
Soybeans: 1 cup – 22 grams
Pinto: 1 cup – 16 grams
Beet Greens: 1 cup – 5 grams
Broccoli: 1 cup – 1 gram
Cabbage: 1 cup – 1 gram
Carrots: 1 cup- 1 gram
Cauliflower: 1 cup – 3 grams
Celery: 1 cup – 1 gram
Corn: 1 ear – 4 grams
Lentils: 1 cup – 15 grams
Mushrooms: ½ cup – 2 grams
Peas: 1 cup – 3 grams
Split peas: ½ cup – 8 grams
Potatoes: ¾ cup – 4 grams
Squash:
Summer: 1 cup – 1 gram
Winter: 1 cup – 4 grams
Tomatoes: 1 cup- -2 grams
Turnip Greens: 1 cup – 4 grams
Fruits: 1 cup – 1-2 grams
Dates: 1 cup – 4 grams

Grains

Bran Flakes: 1 cup – 3 grams
Bread:
Cracked Wheat: 1 slice – 1 gram
Rye: 1 slice – 2 grams
Whole Wheat: 1 slice – 2 grams
Cornmeal: 1 cup – 9 grams
Soy Flour: 1 cup – 5 grams
Whole Wheat Flour: 1 cup 12 grams
Macaroni/uncooked: 1 cup – 5 grams
Macaroni/ cheese: 1 cup – 18 grams
Whole Wheat Spaghetti: 2oz – 7 grams
Whole Wheat Penne: 1 cup – 7 grams
Oatmeal: 1 cup – 14 grams
Rice/uncooked: 1 cup - 14 grams
Brown Rice: 1 cup – 16 grams
Wheat germ: 1 cup – 17 grams
Barilla Plus Rotini: 2oz – 10 grams
Quinoa: 1 cup – 20 grams

Sneaky Ways to Increase Protein In Your Diet

Protein Shakes: from nonfat dry milk (reconstituted, ice and flavorings), Spirutein Protein Powder, egg white protein power etc. Some good brands include: Garden of Life Raw Meal, Vega Protein Powder, Svelte and Orgain pre-made protein shakes.

Protein Bars and Shakes: Make sure they are low in sugar/carbs and have more grams of protein than sugar. Some good brands include: Epic, GoMacro, and Kind Protein Bars.

Non-GMO, Organic, Fermented Soy: Such as tempeh, tamari, miso, fermented bean curd, or natto. Buy at the health food store or at the asian market. Avoid soy products such as tofu, soy milk, soy ice cream, soy flour or soy nuts (as these are typically GMO and not organic).

Cheese: Add grated cheese to eggs, sandwiches, casseroles salads, snacks, whole wheat crackers or celery. Cottage and Ricotta cheeses have high protein content with 34 and 28 grams per cup, respectively.

Non-fat dry milk: add to hamburgers, meatballs, meatloaf, casseroles, and breads.

Greek Yogurt: Plain Greek yogurt can be used in place of sour cream or added to smoothies

Hemp Hearts: 4Tbs equals 15grams of protein, so a sprinkle of these on your morning yogurt or granola can really boost your protein intake!

Eggs: Keep hard boiled eggs in the refrigerator for snacking, breakfast, or salads.

Sunflower Seeds/Walnuts/Almonds: add to sandwiches and salads/natural peanut butter or other nut butters

Wheat Germ: add to baked goods and old fashioned oatmeal

Brewer's Yeast: Increase needed B vitamins too and helps combat fatigue

Beans: Hummus, black beans, pinto beans, garbanzo beans, navy beans etc. Use beans as a side dish or as a topper in your salad!

Not All Protein Is Alike

Protein is built from building blocks called amino acids. Our bodies make amino acids in two different ways: Either from scratch, or by modifying others. A few amino acids (known as the *essential* amino acids) must come from food.

- Animal sources of protein tend to deliver all the amino acids we need.
- Other protein sources, such as fruits, vegetables, grains, nuts and seeds, lack one or more essential amino acids.

Vegetarians need to be aware of this. People who don't eat meat, fish, poultry, eggs, or dairy products need to eat a variety of protein-containing foods each day in order to get all the amino acids needed to make new protein (Source: Harvard School of Health).

Combining Vegetable Proteins to Make a Complete Protein:

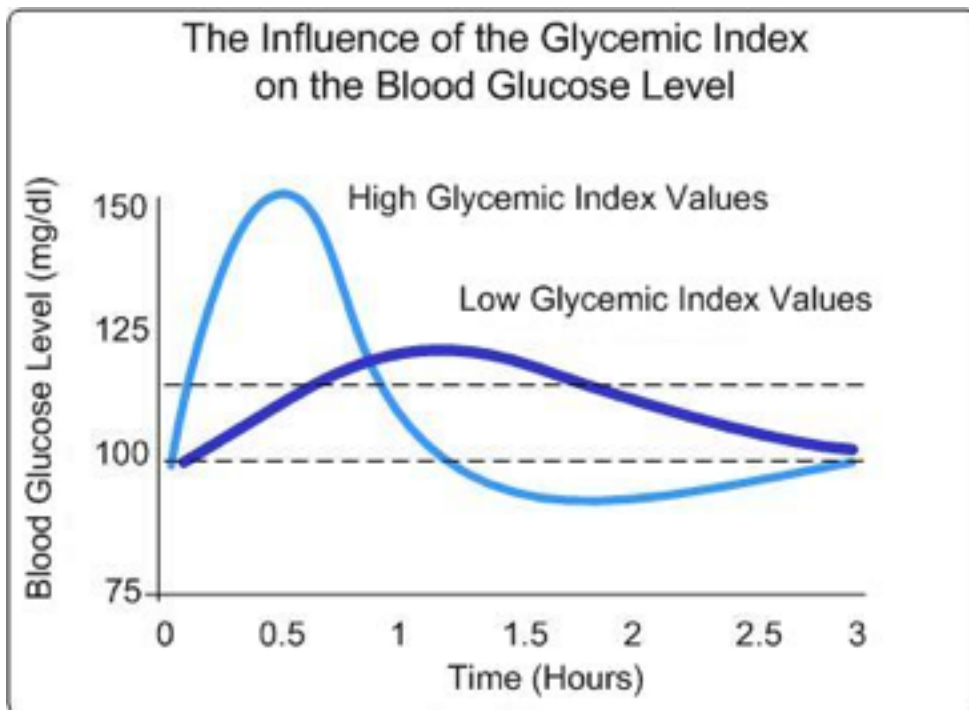
- Rice + legumes
- corn + legumes
- wheat + legumes,
- wheat + sesame + soybeans
- sesame, + rice + Brewer's Yeast
- beans + corn
- vegetables + mushrooms or nuts or sesame seeds

Glycemic Index

(Foods marked with an * are not recommended in pregnancy, they are used for comparison)

Food	Value
Green Peas	48
Carrots	49
Corn, Fresh	60
Pancakes	67
Waffles	76
Oatmeal	49
*Quick (One Minute) Oats	66
Oat Bran	55
Bran Chex	58
*Raisin Bran	61
*Cheerios	74
*Cream ofWheat	74
Shredded Wheat	75
*Grapenuts	71
*Rice Krispies	82
*Corn Chex	83
*Corn Flakes	92
Grapes	46

Food	Value
Banana	52
Fruit Cocktail	55
*Jams	65
*Pancake Syrup	76
*Short GrainWhite Rice	44
Wild Rice	87
*Instant White Rice	87
*Sticky Rice	98
Hamburger Bun	61
Mashed Potatoes	70
*French fries	75
*Instant Mashed Potatoes	86
Boiled Red Potatoes	88
Baked Potatoes	85
Blue Agave	10
*Sugar	85
Pure Maple Syrup	54
Honey	55



Good Food Sources

This by no means is a complete list, but it's a good start. Remember, the more foods that you eat raw and fresh, the more nutrition you and your baby will get. There is very little nutrition in overcooked and canned foods.

Protein: Alfalfa sprouts (contain 150% more protein than other grains – one source is Ezekiel Bread), whole grains, legumes, nuts, seeds, yogurt, avocados, cheese, eggs, milk, cottage cheese, fish, meats, and poultry.

Iron: Comfrey leaf, raisins, apricots, blackstrap molasses, wheat germ, oats, leafy greens, kelp, seeds, legumes, eggs, fish, poultry, yellow dock, parsley, dandelions, and nettles.

Calcium: Dark green leafy vegetables, sesame seeds, almonds, sunflower seeds, cheese, yogurt, milk, soybeans, bone meal, watercress, raw beet juice, molasses, whole grains, alfalfa, nettles, eggs, dried fruits, parsley, dried seaweed, and carob powder.

Vitamin C: Rose hips, citrus fruits, dark green leafy vegetables, green/yellow/orange/red bell peppers, cabbage, broccoli, paprika, tomatoes, alfalfa sprouts, cantaloupes, strawberries, and nettles.

Vitamin D: Sunshine, egg yolks, bone meal, sunflower seeds, fish oils, tuna, salmon, and nettles.

Vitamin E: Dark green leafy vegetables, wheat germ, eggs, sunflower seeds, nuts, molasses, and sweet potatoes.

Vitamin B6: Green leafy vegetables, wheat germ, nutritional yeast, blackstrap molasses, prunes, nuts, cabbage, bananas, and sunflower seeds.

Vitamin B12: Cheese, milk, yeast, soybeans, wheat germ oil, comfrey, fish, pickles, and spirulina.

Folic Acid: Uncooked dark green leafy vegetables, nutritional yeast, mushrooms, milk, cheese, whole grains, and dates.

Niacin: Legumes, nutritional yeast, milk products, rice bran seeds, whole grain, lean meats, poultry, and fish.

Riboflavin: Leafy greens, mushrooms, brown rice, blackstrap molasses, and nutritional yeast.

Thiamine: Brown rice, nutritional yeast, whole grains, blackstrap molasses, meat, fish and poultry.

Phosphorus: Seeds, legumes, grains, eggs, yellow cheeses, fish meat, tofu, and poultry.

Iodine: Kelp, leafy greens, iodized salt, and sea salt.

Magnesium: Honey, green leafy vegetables, nuts, dried beans, spinach, kelp, bran, alfalfa, sea foods, and whole grains.

Zinc: Soybeans, spinach, sunflower seeds, nutritional yeast, comfrey, whole wheat, oysters, bran, and pumpkin seeds.

Vitamin K: Alfalfa, nettles, kelp, shepherds purse, egg yolk, sunflower oil, cauliflower, kefir, and leafy vegetables.