

# Diamond Institute for Infertility and Menopause

May 2014

*Dear Patients, Physicians, Staff Members and Friends of Diamond Institute*

**“Hand in Hand with Patients” The Assistance You Require With The Care You Desire,**

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The Diamond Institute is celebrating its 46th Anniversary and would like to welcome our Diamond Families to our Annual Family Day Party.

We are dedicating this month's newsletter to nutrition in pregnancy.

Welcome! You have either decided to begin your journey into parenthood or you have achieved pregnancy. This is a special time for you and your loved ones. This is a time that spurs many women to make the necessary changes in habits and lifestyle that can help to ensure a healthy pregnancy and delivery. Aside from the obvious such as quitting smoking, getting more sleep, and taking your prenatal vitamins, we all know that a healthy diet is very important both in and outside of pregnancy. Good nutrition with a balanced diet is critical for both you and your baby. Recent research has taught us that the microenvironment in which the baby grows is critical for normal weight and height, intelligence and even emotional wellbeing in adult life. A balanced and well-rounded diet is a good first step in the right direction. What does that really mean and how can you do it? Let's focus on some key steps.

### ***First, know your basic food groups.***

This seems like a no-brainer but it bears some review. A balanced diet should consist of grains, fruits, vegetables, proteins and dairy. Let's review some examples within each of these groups:

*Grains* – bread, pasta, oatmeal and cereal. Half of all grain intake should be whole grains such as oats, quinoa, brown rice and bulgur.

*Fruits* – fresh, frozen, dried or canned.

*Vegetables* – raw, cooked, frozen, canned or dried. Focus on dark, leafy greens if possible such as spinach and kale. Vegetables should be about half of every plate.

*Protein* – meat, poultry, seafood, beans, peas, eggs, soy products, nuts and seeds.

*Dairy* – milk, cheese, yogurt, ice cream.

Try to favor low-fat varieties if possible. Oils and fats may not be a food group but are important for your diet as well. Vegetable and non-meat sources of oils are a great way to get what you need. Olive oil, nut oils, fish, avocado and nuts are great sources of fat.

### ***Second, how much should you be eating?***

Your caloric needs will increase as your baby grows and go from 1800 kcal/day in the first trimester, to 2200 kcal/day in the second trimester, to 2400 kcal/day in the third trimester.

### ***How much you should be eating if you have multiple pregnancies?***

Nutritional demands of pregnancy are increased significantly in multiples. Unfortunately preterm births account for 17% of multifetal births with 24% of these being low birth weight. Nutritional intervention is the ONLY method that has been consistently shown to improve pregnancy outcome in multiples. If you carry multiples please consult your doctor and read:

<http://www.diamondinstitute.com/newsletters.html>



### ***Third, what is an example of how your plate should look?***

An example of a good meal is a half cup of cooked rice, two cups of raw leafy vegetables, one cup of fresh fruit, one cup of cheese (equivalent of two slices of Swiss cheese), and one ounce of lean meat, poultry or seafood. For more information on planning your meals in pregnancy, go to [choosemyplate.gov](http://choosemyplate.gov) for real examples to help you with healthy eating.

### ***Now what about all those vitamins and minerals you need to take?***

There are so many vitamins and minerals needed in pregnancy but the foundation to healthy eating is with a good diet and a well-rounded prenatal vitamin. Here are some of the important minerals and vitamins with their recommended daily values:

Calcium (1000 mg for ages 19-50, 1300 mg for ages 14-18): It builds strong bones and teeth. Good sources of calcium are pasteurized milk, cheese, yogurt and leafy greens.

**Iron (27 mg):** Helps oxygen delivery by red blood cells. Sources are lean red meat, poultry, fish, beans, iron-fortified cereals and prune juice.

**Folic acid (600 micrograms):** Prevents open neural tube defects such as spina bifida. Sources are dark green leafy vegetables, orange juice, beans, fortified cereals, enriched bread and pasta. If you have had a child with a previous neural tube defect, then you need 4 milligrams of folic acid daily.

**Vitamin D (600 international units):** Helps with normal development of bones and teeth. Also essential for healthy skin and eyes. Sources include sunlight, fortified milk, fatty fish like salmon.

*Remember that your prenatal vitamin is a supplement to your diet. Food has vitamins in a more bioavailable form and should be your first-line to provide nutrition not the other way around.*

### **Now how much weight is safe for you to gain?**

This depends on your prepregnancy weight. Here are some guidelines from the Institute of Medicine and endorsed by the American Congress of Obstetricians and Gynecologists (ACOG):

Underweight (BMI <18.5): 28-40 lbs

Normal weight (BMI 18.5-24.9): 25-35 lbs

Overweight (BMI 25-29.9): 15-25 lbs

Obese (BMI 30 or more): 11-20 lbs

Remember that overweight and obese women are at more risk during pregnancy of gestational diabetes, high blood pressure, preeclampsia, preterm birth and cesarean delivery. Underweight women are also at risk for delivering a small baby and preterm labor.

### **Some final tips for you:**

Limit caffeine to 200 milligrams (about one cup a day) Avoid fish that may be high in mercury such as shark, swordfish, mackerel and tilefish. One can of albacore tuna a week is ok. Shrimp, salmon, catfish and tilapia are good examples of safe fish.

Wash all vegetables and fruits thoroughly before eating. Avoid dairy products made with unpasteurized milk, hot dogs and cold cuts (except if cold cuts are heated to steaming). We hope you find this helpful. For more information on staying healthy in pregnancy, visit the following websites:

[www.acog.org](http://www.acog.org)

[www.cdc.gov](http://www.cdc.gov)

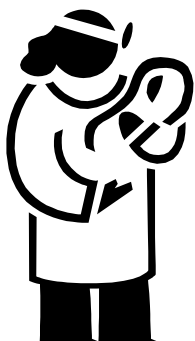
[www.choosemyplate.gov](http://www.choosemyplate.gov)

Good luck!

HAPPY MOTHER'S DAY.



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