

Prenatal Nutrition – Where It All Begins!

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Congratulations you're pregnant! I'm sure you've heard that you're now "eating for two" and though your baby does grow and develop from the nutrients you eat, just eating double of what you currently eat may not provide all the nutrients the baby needs and may just actually just cause excess weight gain from empty calories.

I encourage expectant Moms to think of their pregnancy as a time to develop new and or improved eating habits that they'll have for the rest of their lives and that their children will learn as well. Babies need a variety of nutrients for development and growth and they rely on the mom-to-be to consume them. Monthly classes are held the second Tuesday of every month at 9 a.m. in the Nutrition Care Division at Evans Army Community Hospital. Call 526-7920 to enroll in the next class today! No referral is needed!

The following information is a sample of what will be covered in the class and information that every Mom-to-be needs to know.

Healthy Eating for Pregnancy and Breastfeeding

What you eat helps your baby grow both during pregnancy and while breastfeeding. You should ideally consume a variety of foods in accordance with the Dietary Guidelines for Americans 2005. At the Nutrition Care Division, we have compiled nutrition information for you from references and resources such as the United States Department of Agriculture MyPlate website, the Food and Drug Administration, the American College of Obstetrics and Gynecology, the Academy of Nutrition and Dietetics, and the Institute of Medicine.

Weight Gain

"Adequate" weight gain is the key. Your pre-pregnancy Body Mass Index, which is a calculation derived from your height and weight, determines your goal weight to gain during your pregnancy. Energy needs are not increased until the second and third trimester; 340 calories and 452 calories respectively. Most pregnant women ultimately need 2,200 to 2,900 kcal/day but this requirement should be individually adjusted to reflect prenatal weight, rate of weight gain and maternal age. Recommended weight gain ranges from as little as 15 pounds to as much as 45 pounds depending on your individual needs. Visit Evan's nutrition care division for a table of recommended weight gain.

Recommended Dietary Intake

You need a variety of foods throughout your pregnancy each day. The class will cover all the recommended food groups and recommended portion sizes to keep you on track with your weight and prenatal nutrient requirements.

Do yourself and your baby a favor and take the time to attend the Evans' prenatal nutrition class and or see a dietitian individually for help with planning and eating a healthy diet. Healthy eating can be fun and easy and there is no greater reward or reason for doing it, than delivering a healthy, well-developed baby!!



While pregnant it is important to remember that your baby is getting their nutrients from you. Babies need a variety of nutrients for development and growth and they rely on the mom-to-be to consume them. (Photo by James Gathany, Centers for Disease Control and Prevention)