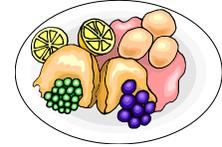


Kentucky Prenatal Nutrition Guide

Second Trimester

14 weeks–28 weeks



1st trimester

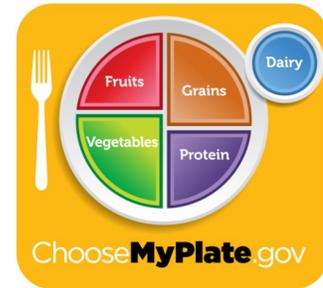
2nd trimester

3rd trimester

NUTRITION

Eating for a Healthy Baby

The kinds of food you eat are as important as how much you eat. To make sure you are getting enough of the right foods for proper weight gain and growth of the baby, choose from all five food groups in “MyPlate”. It is helpful to plan meals and snacks in advance. Eating healthy snacks can help you meet your daily nutritional needs for pregnancy. Remember to take your prenatal vitamin daily.



Good Snack Choices

Choose More Often

Fresh Fruit	Fresh Vegetables
Lowfat yogurt	Unbuttered popcorn
Vegetable Juice	Skim/1% Milk
WIC Cereals	Reduced Fat Cheese

Choose Less Often

Pudding	Dried Fruit
Cheese	Ice Cream
Nuts	Instant Breakfast
Shakes	Peanut Butter
Eggs	Whole or 2% Milk

Weight Gain in Pregnancy

Weight gain during pregnancy is very important. The right amount of weight gain can help prevent having a baby who is too small or may have medical problems. Women need to gain 25–35 pounds during pregnancy. Underweight women need to gain 28–40 pounds and overweight and obese women will need to gain 11–25 pounds during the pregnancy. Women expecting twins will need to gain more, about 35–45 pounds. During the 2nd trimester you can expect to gain about ½ to 1½ pounds per week. Losing weight during pregnancy is not recommended. For baby’s health and development, wait until baby is born to start your weight loss.

YOUR BABY’S HEALTH

Tobacco, alcohol and drugs

A healthy baby is the one whose mother does not use tobacco, drugs or alcohol. While pregnant, any tobacco use can keep your baby from developing normally. Alcohol (beer, wine, wine coolers or liquor) can damage your baby’s brain and body. Alcohol, tobacco and most drugs (except those approved by a doctor who knows you are pregnant) should not be used.



Caffeine

Pregnant women need to limit caffeine intake to avoid possible harm to their baby. It is suggested that you limit your intake of caffeine containing beverages, such as coffee, tea and soft drinks, to no more than twelve (12) ounces each day.

Artificial Sweeteners

Aspartame (NutraSweet™), saccharin (Sweet 'N Low™), sucralose (Splenda™) or acesulfame potassium (Acesulfame K™) are artificial sweeteners found in sugar-free foods. The effects of these sweeteners on the unborn baby are unknown. Pregnant women are advised to limit their intake of artificial sweeteners.



COMMON DISCOMFORTS OF PREGNANCY

Most pregnant women have some discomforts during pregnancy.

Here are some tips that may help to make you more comfortable:

MORNING SICKNESS: This problem should lessen during the second trimester. If you are still having problems, eat small meals and limit spicy, greasy or fried foods. Drink liquids between meals and avoid long times without eating. Wait at least 2 hours after a meal before lying down.

HEARTBURN: Eat small meals often. Limit spicy, greasy or fried foods. Drink fluids before or after meals. Reduce the amount of liquids with meals. Chew your food well and avoid eating too fast. Wait at least 2 hours after a meal before lying down.

CONSTIPATION: Increase foods that are high in fiber such as raw fruits and vegetables, whole grain breads and cereals, dried beans and peas. Increase liquids, especially water. Regular physical activity, such as walking, may help.

FREQUENT URINATION: Drink plenty of water to prevent burning, itching or other bladder problems.

SWELLING: Put your feet up when possible. Rest on your left side. Drink 8–10 cups of liquids each day (water, lowfat, milk, juice). Limit foods high in salt. Avoid crossing legs.

PHYSICAL ACTIVITY

Being pregnant does not mean that you must stop your normal activities. Physical activity, with your doctor's approval, will help to keep your body in its best condition by improving muscle tone, posture and mental health. Walking, light activities and even certain sports are healthy as long as you do not overdo.

BREASTFEEDING

Benefits for Mother

- Breastfeeding helps in weight loss after delivery.
- Breastfeeding is less expensive than formula feeding and creates a special bond with baby.
- Breastfeeding is safe, simple and a natural feeding method.
- Breastfeeding protects against breast and ovarian cancer.

Benefits for Baby

- Breastmilk is easy to digest.
- Breastmilk protects baby from illnesses such as diarrhea, ear aches and asthma.
- Breastmilk is fresh, clean and the right temperature for baby.
- Breastmilk is the best nutrition for baby and adjusts to meet baby's needs as baby grows.

ASK YOUR HEALTHCARE PROVIDER IF YOU HAVE OTHER HEALTH QUESTIONS.

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