



To Eat Or Not To Eat *The First Steps Towards A Healthy Life*

Good nutrition is vital to how you feel while you are pregnant as well as being your greatest tool in helping your odds of having a great labor. Listening to your body and eating consciously can help prepare us for communicating with our bodies during our birth.

Eating Organic.

Eating organic foods is always ideal, it is especially important when you are creating a human life. The hormones, pesticides, genetic modification and additives found in or on our fruits and veggies is harmful to our bodies on so many levels, let alone the effects on a developing human.

Breaking unhealthy eating habits now is a great step towards becoming a healthier parent who will pass along better eating habits to their children. This isn't only about mom, it's about everyone in the home. It's always easier to change habits when those around us are supportive and participating in positive change.

While it isn't always easy to buy organic, there are certain fruits and veggies that absorb more of the stuff that is bad for us. Here is a list of what you should not compromise on and where you have some wiggle room.

Dirty:

Apple
Cherry
Grape
Nectarine
Peach
Pear
Raspberry
Strawberry
Bell Pepper
Celery
Kale
Lettuce
Carrot
Spinach
Potato
Tomato

Clean:

Banana
Kiwi
Mango
Papaya
Pineapple
Watermelon
Asparagus
Avocado
Onion
Sweet Corn
Sweet Peas
Cabbage
Eggplant

A good diet can help prevent:

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| <ul style="list-style-type: none"> • Anemia • Gestational Diabetes • Preterm Birth • Preeclampsia • Fetal distress in labor | <ul style="list-style-type: none"> • Low birth weight • Postpartum hemorrhage • Mental retardation • Learning disabilities |
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Salt to taste!

Salt sensors on your tongue have a higher threshold during pregnancy. If food tastes flat it may be the salt sensors telling you you need more salt. So, unless you have heart or kidney problems, salting to taste is another way of being in harmony with your pregnancy.

Drink to thirst.

Drinking about three quarts of fluid a day helps your body too: maintain the 50% increase in blood volume, prevent bladder infections, headaches and early contractions due to dehydration.

Here is the example of a common sense diet for pregnancy, *which is simply a guide – not a hard and fast rule to be followed.*

PROTEIN

<p>Meat – 6-8oz./day</p> <p>Beef, lamb, pork, liver, chicken, turkey, fish, canned tuna or salmon.</p>	<p>Vegetarian – 6-8 choices/day</p> <p>Tofu 3.5 oz.</p> <p>Peanut Butter/Peanuts ¼ cup</p> <p>Beans ¼ cup + Rice ½ cup after cooking</p> <p>Brewers Yeast ¼ cup + rice ½ cup</p> <p>Rice ½ cup + milk 2/3 cup</p>	<p>Dairy As Protein – (Only take milk as a protein choice if taken in addition to your four milk choices a day.)</p> <p>Cottage Cheese ¼ cup</p> <p>½ Large potato + 1/4cup milk or cheese</p> <p>Eggs</p>
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<p>Dairy 4 choices/day</p> <p>1 cup milk, yogurt, sour cream ¼ cup cottage cheese 1 large slice of cheese (1 ¼ oz.) 1 cup of ice cream</p>	<p>Fresh Dark Green Veggies At least once a day</p> <p>Broccoli, brussel sprouts, asparagus, salads, alfalfa sprouts, spinach, etc.</p>	<p>Whole Grains 4-5 Choices/day</p> <p>Slice of whole grain bread ½ bagel; a pancake, waffle, or muffin ½ cup granola, any hot cereal or noodles</p>	<p>Vitamin C 1-2/Daily</p> <p>½ Grapefruit or an orange 1 Large tomato or tomato juice ½ cup strawberries green pepper</p>
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It's important to eat healthy, but we all have a sweet tooth. Especially when pregnant! Try to keep healthy alternatives around so that you are less tempted to go over the deep end with sugars and fats. Here's a great recipe for some delicious bread that is good for you and will satisfy that sweet tooth, too!

Banana Pumpkin Bread

1 Ripe Banana (mashed)	1 tsp. baking powder
1 1/4 cup pureed pumpkin	1 tsp. baking soda
1 egg and 1 egg yolk	1/2 tsp salt
1/4 cup honey	1 tsp cinnamon
1/4 cup canola oil	1 tsp nutmeg
2 cups whole wheat flour	1/2 tsp ground ginger
1/2 cup sugar	1/2 tsp cardamom
1/4 cup ground flax seed	

Preheat oven to 350.

Whisk eggs, honey and canola oil and add to mashed banana along with the remainder of the ingredients. Add extras like nuts or dried fruits if desired.

Spoon into standard sized, greased loaf pan and bake for 1 hour.

More tips:

- Drink Filtered water from glass containers – plastic has chemicals are potentially harmful.
- Cold/Hot water shocks the system. Room temperature water is quickly absorbed by the body.
- Check out your Local farmers Market and Buy Local! It's not only 1,000 times fresher - it's usually quite a bit cheaper, too.
- It's important to **read labels and know what you are putting in or on your body**, pregnant or not. Avoid these ingredients and take time to learn more.

IN FOOD

MSG (mono sodium glutamate)
Modified ingredients (GMO's)
Aspartame/Neotame (artificial sweeteners)

IN PRODUCTS

All Sulfates
Mineral Oil
Parabens — Methyl, Propyl, Butyl, and Ethyl
Phthalates
ALL Synthetic Colors & Fragrances