

FOOD AND SUPPLEMENT LIST FOR PREGNANCY

PRENATAL VITAMINS

- <https://www.babylist.com/hello-baby/best-prenatal-vitamins>
- <https://www.marchofdimes.org/pregnancy/vitamins-and-other-nutrients-during-pregnancy.aspx>

RECIPES

ALDI

https://www.aldi.us/en/recipes/?utm_source=google&utm_medium=sem&utm_campaign=&utm_term=aldi_recipes&gclid=Cj0KCOjwIMaGBhD3ARIsAPvWd6j1Ac_TRtOS8IwhrIkNQ2EvnInNfYkj7Cj5TwDTKudapyNK1aooniYaAkI_EALw_wcB&gclsrc=aw.ds

HY-VEE

<https://www.hy-vee.com/recipes-ideas>

HYDRATION

- 8-10 oz glasses of water daily. Preferred water with electrolytes and a good alkaline-based water. Which can be found at your local health food store.
- Tea -Coconut Water -Water w/lemon
- Fresh cucumber Mint Seasonal fresh fruit

Benefit: The body needs an adequate amount of water daily. The pregnant body is no exception. Did you know that dehydration mimics early labor symptoms? The uterus is a muscle and will contract when dehydrated. This is true for labor as well. The body is working really hard to birth your baby. Having sips of water in-between contractions helps to prevent dehydration.

IRON-RICH

- Dark leafy greens
- Beets
- Black Strap Molasses
- Floradix (natural iron supplement, Amazon comes in a liquid or tablet form)
- Cooking in cast iron skillet / pot
- Spirulina

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- Chia Seeds

Benefit: We never know how much blood your body will lose during labor. Iron rich foods helps to prevent low iron and the need for prescribed iron supplements in both pregnancy & postpartum.

IMMUNE STIMULANTS

- Fresh or freshly cooked garlic
- Onions
- Vitamin C (Emergen-C packets)
- Grape Fruit Seed Extract
- Echinacea
- Avoid refined sugars
- Probiotic (rec. Jarrow-Women's Health, found at Whole Foods or Amazon)
- Avoid dairy products bc it creates inflammation and mucous in the body
- Berries (blue, black, goji, strawberries, raspberries)

Benefit: Protecting your immune system is so important during pregnancy for several reasons. We don't want mom sick during labor. Labor is hard enough. Also, immune supports helps connective tissues to fuse back together nicely after birth. Finally, at 36 weeks gestation, the GBS (Group Beta Strep) test is giving. Supporting your immune system can aid in a more favorable test result.

PROTEIN

Get protein with every meal and snack(s). Examples:

- Beans/lentils, legumes
- Dark leafy greens (Any & All)
- Eggs whites (optional)
- Butter (Peanut, Almond, Cashew)

Benefit: In order for your connective tissues to fuse back together nicely after delivery, you need to ensure that your body has enough protein. Adequate protein and immune prep both help support the perineum to minimize tearing.

DATES (fruit)

In the third trimester starting 28 weeks eat

- 2 Dates Daily At 36 weeks gestation eat

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- 4-6 Dates Daily until labor begins
- Dates can be fresh or dried
- Add in a smoothie -Almond Milk /Coconut Milk / Hemp Milk (either will do) -1 banana
-2 dates -touch of cinnamon (optional) -splash of agave (optional)
- In a salad (arugula, chopped almonds, drizzle of balsamic vinegar & chopped dates)
- As a snack

*Note- with Gestational diabetes, this regimen may have to be modified

Benefit- Rapid Labor: We set out to investigate the effect of date fruit (Phoenix dactylifera) consumption on labour parameters and delivery outcomes. Between 1 February 2007 and 31 January 2008 at Jordan University of Science and Technology, a prospective study was carried out on 69 women who consumed six date fruits per day for 4 weeks prior to their estimated date of delivery, compared with 45 women who consumed none. There was no significant difference in gestational age, age and parity between the two groups. The women who consumed date fruit had significantly higher mean cervical dilatation upon admission compared with the non-date fruit consumers (3.52 cm vs 2.02 cm, p 5 0.0005), and a significantly higher proportion of intact membranes (83% vs 60%, p 1/4 0.007). Spontaneous labour occurred in 96% of those who consumed dates, compared with 79% women in the non-date fruit consumers (p 1/4 0.024). Use of proctin/oxytocin was significantly lower in women who consumed dates (28%), compared with the non-date fruit consumers (47%) (p1/40.036). The mean latent phase of the first stage of labour was shorter in women who consumed date fruit compared with the non-date fruit consumers (510 min vs 906 min, p 1/4 0.044). It is concluded that the consumption of date fruit in the last 4 weeks before labour significantly reduced the need for induction and augmentation of labour, and produced a more favourable, but non-significant, delivery outcome. The results warrant a randomised controlled trial.

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Journal homepage: <http://www.tandfonline.com/loi/ijog20> The effect of late pregnancy consumption of date fruit on labour and delivery O. Al-Kuran, L. Al-Mehaisen, H. Bawadi, S. Beitawi & Z. Amarin To cite this article: O. Al-Kuran, L. Al-Mehaisen, H. Bawadi, S. Beitawi & Z. Amarin (2011) The effect of late pregnancy consumption of date fruit on labour and delivery, Journal of Obstetrics and Gynaecology, 31:1, 29-31, Published online: 31 Jan 2011.*

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Additional Pregnancy Dietary Needs:

- *Teas are medicine: Talk with your doula and doctor about herbal options especially if you have known allergies*
- Hemorrhoids: Castor Oil, Seated Donut, Peri Bottle, laying on your side
- Digestion/Nausea: Ginger, Flax Seeds
- Blood Pressure: Watermelon, Garlic, Onions, Walking (Fresh Air), Meditation
 - Water w/Electrolytes Coconut Water Dates (any kind) Garlic / Onions Dark Kale/Collard/Spinach/Swiss chard/Turnips Beets (the darks greens from the beets can be eaten as well) Fresh fruits/ Avocado Nuts (cashew, almonds, pumpkin seeds, etc) Lentils/Black Beans, Garbanzo Beans
 - Organic Unrefined Coconut Oil (adds great flavor to sauté veggies in)
- Supplements
 - Floradix Echinacea
 - EmerGen-C
 - Probiotic Grape Fruit Seed Extract

As with any dietary changes, please consult your physician first. If you have gestation diabetes, please consult with your nutritionist as well.