



## Eat Well for Your Baby!

The Bradley Method ®

A key to natural birth is staying low-risk and healthy. In general, keeping yourself low-risk increases your birth options and lets you keep control of your choices. Good nutrition is vital for staying low-risk and healthy during your pregnancy, for you and your baby. Eating well can help you avoid excessive swelling, pre-eclampsia, premature birth and other serious complications. A healthy pregnancy diet also reduces the discomforts of pregnancy, increases your energy and stamina, and helps you to ensure the best possible start in life for your baby. One of the best techniques for helping you follow a healthy pregnancy diet is to chart your food intake. Use the food diary provided on the back of this sheet to help you keep track of your nutrition every day.

### Guidelines

**Protein:** Eat 100 grams of complete proteins every day. A diet high in protein during pregnancy can help you avoid pre-eclampsia and MTLP, a small-for-gestational-age (SGA) baby, and/or other complications. When choosing foods, pick those foods higher in protein.— switch to whole wheat or kamut pastas, add boiled eggs or dehydrated egg powder to other foods. Consider drinking a glass of milk before bed time to help you ‘make up’ a low-protein day, and aid your sleep.

**Water:** Drink at least 64 OZ of water each day. This is in addition to milk, juice, etc. Avoid sodas and caffeinated beverages, which contain only empty calories and do not provide hydration as well as water or juice. Adequate water intake can help you avoid swelling, and helps the body flush out waste more effectively.

**Salt:** Salt your food to taste. Adequate salt intake can help you maintain a healthy blood volume, reduce swelling and is necessary for blood production and many other body processes. Strive to include fresh foods instead of canned, whole grains instead of bleached, and darker greens over lighter ones.

### Every day of the week, you and your baby should have:

1. One Quart (4 8oz glasses) or more of milk. Any kind will do: Whole, Low-Fat, Skim, Buttermilk. Or cheese, yogurt cottage cheese, etc
2. Two eggs (hard boiled, in French toast, or added to other foods)
3. One or two servings of fish or seafood, liver, chicken, lean beef, lamb or pork, beans or any kind of cheese
4. One or two good servings of fresh green leafy Dark Green vegetables: mustard, collard, turnip greens, spinach, lettuce or cabbage
5. Two or three slices of whole wheat bread, cornmeal, cornbread or tortillas
6. A piece of citrus fruit or glass or juice (Lemon, lime, orange, tomato or grapefruit)
7. Three pats of butter or other fats, such as olive oil
8. Other fruits and vegetables

### Also include in your diet:

1. A serving of whole grain cereal, such as oatmeal or granola
2. A yellow or orange-colored fruit or vegetable five times a week
3. Liver once a week (if you like it)
4. Whole baked potato three times a week
5. Plenty of fluids (water, juice, etc – avoid colas, & caffeinated beverages)
6. Salt your food. Adequate salt intake is necessary for a healthy increase in blood volume. You may substitute proteins if you wish, being sure your proteins are complete and you get approximately 100 grams per day. If you substitute, also be sure all the elements necessary for a well-balanced diet are available every day. For TWINS (or more) add 30 additional grams of protein per baby daily

### Protein Counter (amounts in grams)

Dairy Products	Grains/Cereals	Tomato, 1	1
Milk, 1C	Rice, 1C Brown	Yams, 1/2 C	1
Cheddar/Swiss 1oz	Rice, 1C White	Yellow Squash, 1/2 C	0.8
Cottage Cheese 1/2C	Noodles, 1C	<b>Soups</b>	
Yogurt, 1C	White Bread, 1slice	Beef Broth, 1C	5
Butter, 1Tbsp	Whole Wheat, 1slice	Cheese, 1C	5.4
Parmesan Ch 1oz	Crackers, 4 saltines	Chicken Noodle, 1C	3.4
Vanilla Shake 10oz	French Fries 20-25	Chili & Beans, 1C	18
EggNog 1C	Tortillas, 1	New Eng Clam Ch, 1C	4.8
Ice Cream, 1C	Bagel, 1 (2oz)	Tomato, 1C	2.5
<b>Meats</b>	Cornbread	Vegetable, 1C	3
Alligator 3oz	English Muffin	<b>Fruit &amp; Juice</b>	
Bean Burrito (2)	Croissant	Apple, 1med	0.3
Beef Burrito (2)	Bran Muffin, 1med	Banana, 1(4oz)	1.2
Beef, 3oz	Cheerios, 1 1/4 C	Cantaloupe, 1/4	1
Bologna, 1oz	Granola, 1/4C	Dried Apricots, 1C	5
Cheeseburger, 3.5oz	Shredded Wheat, 2/3C	Dried Dates, 1C	4
Chicken Salad, 2oz	Wheat Germ, 1Tbsp	Grape Juice, 4oz	0.3
Chicken, 3oz	Grits, 1/2C Cooked	Grapes, 1C	0.6
Wte Chicken, 2pc	Quinoa, 1/2 C	Orange Juice, 4oz	1
Dk Chicken, 2pc	Semolina Pasta, 1C	Orange, 1med	1.6
Egg, 1	Kamut/Spelt Pasta, 1C	Peach, 1med	0.6
Hot Dog, 1	Oatmeal, 3/4C	Pear, 1	0.7
Lamb, 3oz	Pretzels 2lg, 1oz	Prune Juice, 8oz	1.6
Liver, 3.5oz	<b>Beans</b>	Raisins, 1/2 C	1
Pork, 3oz	Black Beans, 1/2 C	Vegetable Juice, 4oz	1
Sub w/ColdCuts, 8oz	Chick Ps/Hummus, 1/2 C	<b>Nuts</b>	
Turkey, 3oz	Green Peas, 1/2 C	Peanut Butter, 1Tbsp	4
Venison-dried 3.5oz	Kidney Peas, 1/2 C	Peanuts, 1/4 C	9
<b>Fish</b>	Lima Beans, 1/2 C	Pinenuts 1/4 C	8
Atlantic Perch, 3oz	Navy Beans, 1/2 C	Soy Nuts, Roast. 1/3 C	12
Crab, 3oz steamed	Pinto Beans, 1/2 C	Sunflower Seeds 1oz	6.5
Flounder, 3oz	<b>Vegetables</b>	Walnuts, 1/4 C	6
Haddock, 3oz	Asparagus, 1/2 C	<b>Sugar Foods</b>	
Halibut, 3.5oz	Broccoli, 1/2 C	Colas	0
Lobster, 3oz	Cabbage, 1/2C cooked	White Sugar	0
Oyster, 6med	Carrot, 1	Carmels	trace
Salmon, 3oz	Cauliflower, 2oz	Honey	0.1
Shrimp, 3oz	Celery, 1lg Stalk	<b>Salt Sources</b>	
Snapper 3oz	Corn, 1C	Kelp Powder	
<b>Other Proteins</b>	Cucumber, 2oz	Sea Salt	
Cheese pizza 1sl	Green Beans 1/2 C	Soy Sauce	
Garden Salad w/ Turkey 1.5C	Lettuce, 1/2 C	<b>Junk Food</b>	
Tofu Firm 1/4 Block	Potato, Med	Fritos, 1oz	2
Tofu, Reg 1/4 Block	Spinach, 1/4 C	Potato Chips, 16 pcs	0.8
	Sweet Potato, med	Popcorn, 1C popped	0.8

## Keep Track of What You Eat Everyday!

Wk ____	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Food	PC	Food	PC	Food	PC	Food	PC	Food	PC	Food	PC	Food	PC
Snack														
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
Snack														
Total Protein														

  

Dairy Prod. □□□□	Dairy Prod. □□□□	Dairy Prod. □□□□	Dairy Prod. □□□□	Dairy Prod. □□□□	Dairy Prod. □□□□	Dairy Prod. □□□□
Eggs □□	Eggs □□	Eggs □□	Eggs □□	Eggs □□	Eggs □□	Eggs □□
Protein □□	Protein □□	Protein □□	Protein □□	Protein □□	Protein □□	Protein □□
Green Veg □□	Green Veg □□	Green Veg □□	Green Veg □□	Green Veg □□	Green Veg □□	Green Veg □□
Veggies □	Veggies □	Veggies □	Veggies □	Veggies □	Veggies □	Veggies □
Grains □□□□	Grains □□□□	Grains □□□□	Grains □□□□	Grains □□□□	Grains □□□□	Grains □□□□
Vit C Source □	Vit C Source □	Vit C Source □	Vit C Source □	Vit C Source □	Vit C Source □	Vit C Source □
Fats □□□	Fats □□□	Fats □□□	Fats □□□	Fats □□□	Fats □□□	Fats □□□
Fruits □	Fruits □	Fruits □	Fruits □	Fruits □	Fruits □	Fruits □
H2O- 64 oz min □	H2O- 64 oz min □	H2O- 64 oz min □	H2O- 64 oz min □	H2O- 64 oz min □	H2O- 64 oz min □	H2O- 64 oz min □

Also include each week:

Yellow or orange fruit or vegetable □□□□

Liver □

Whole Baked Potato □□□

## Nutritional Recommendations

“Optimal nutrition is a way if loving and caring for ourselves that allows us to reach our fullest potential. Excellent nutrition is more than just taking in a certain number of recommended daily allowances, it is also an awareness of how we prepare, eat and digest our food, of how we feel about our bodies as well as our emotional, mental and spiritual selves, of what chemicals are in the foods we eat and how these affect not only our own health but also our baby’s health and the health of our environment. Nourishment is a holistic experience that goes far beyond simply eating.”

- Aviva Romm

Nutrient	Action	Food/Herbal Sources
Protein	Growth of tissues, bone, organs in mama and baby, contributes to antibodies that fight infection Raw material for formation of placenta and strong uterus	fish, poultry, meat, grains, seeds, nuts, legumes
Carbohydrates	Source of energy for body functions, fuel for the brain, nervous system and muscle tissue	whole grain wheat, rice, millet, oats, rye, barley, amaranth, squash, beets
Fats	Protect organs, maintain body heat, concentrated form of energy	nuts, seeds, olive oil, butter, dairy products, walnut oil, flaxseed oil
Vitamin A	Prevents and fights infections, aids in protein digestion, promotes healthy skin, rich blood, strong bones and healthy eyesight	Yellow and orange fruits, yellow and orange vegetables, dark green vegetables, dairy products, eggs, liver, alfalfa, nettles, red raspberry leaf, dandelion, comfrey, yellow dock
Vitamin B-Complex	Healthy nervous system, aids in digestion of carbohydrates, muscle tone	Nutritional yeast, nuts and seeds, green leafy vegetables, bananas, black strap molasses, dandelion, alfalfa, rose hips, kelp, fenugreek
Folic Acid	Formation of red blood cells to prevent anemia, prevents neural tube defects in baby, healthy brain development	Raw green leafy vegetables, wheat germ, eggs, nutritional yeast, whole grains, lentils, nuts, milk liver
Vitamin D	aids in calcium absorption	Sunlight, fish liver oils, alfalfa, nettle
Calcium	Needed for muscle contraction/release, mineral balance, regulates metabolism	Milk,cheeses, greens, almonds, salmon, blackstrap molasses, alfalafa, nettle, red clover, red raspberry leaves, dandelion, chamomile
Iron	Hemoglobin, blood building, increases resistance to stress and disease, prevents hemorrhage	Green vegetables, dried fruits, blackstrap molasses, red meat, liver, eggs, yellow dock, kelp, alfalfa, nettle, dandelion
Iodine	Aids in thyroid function, metabolism rate, mental balance	Sea vegetables like kelp, kombu, wakame, hijiki, nori, watercress, kelp, dulse
Vitamin C	Promotes healthy placenta, healing, prevents varicosities, bleeding, aids in assimilation of other nutrients, especially iron and folic acid	Strawberries, raw greens, peppers, citrus fruits, alfalfa sprouts, rose hips, dandelion greens, red clover, nettles, alfalfa
Zinc	Essential for immune function, hormone production	Herring, nuts, seeds, beef, eggs, chicken, turkey, watercress
Sodium	Fluid and electrolyte balance	Sea salt (salt to taste)
Essential Fatty Acids	Brain development, prevents asthma and allergies	Walnuts, walnut oil, flaxseed, salmon, avocado
General Guideline for daily servings: Protein: 4-5 servings Vitamin C Foods: 4 servings Calcium: 4 servings Green Leafy vegetables: 3 servings Yellow fruits/vegetables: 3 servings Complex Carbohydrates: 4 servings Iron rich foods: daily Fats: 2 servings Salt: in moderation/to taste		