

PRE- AND POST-NATAL NUTRITION

NOURISHING MOM AND BABY

Your Guide to Nutrition Before,
During, and After Pregnancy

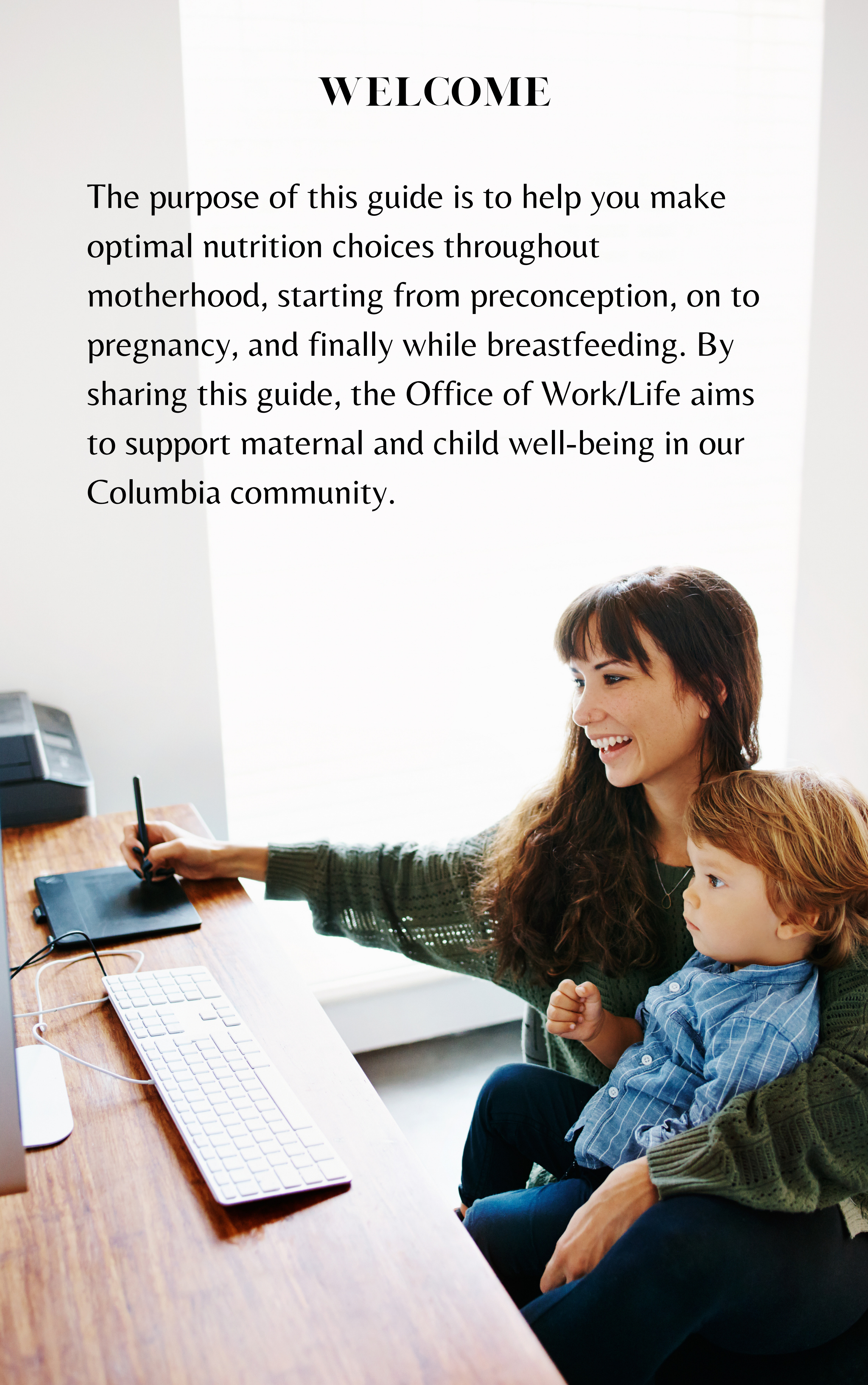
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WELCOME

The purpose of this guide is to help you make optimal nutrition choices throughout motherhood, starting from preconception, on to pregnancy, and finally while breastfeeding. By sharing this guide, the Office of Work/Life aims to support maternal and child well-being in our Columbia community.



MYTHS AND FACTS

1. "A woman who is trying to conceive should take a prenatal vitamin with 400 micrograms of folic acid/day."

This statement is correct. According to the American College of Obstetrics and Gynecology (ACOG), women who are trying to conceive should take a prenatal vitamin with 400 micrograms of folic acid/day for *at least* one month before conception. Folic acid, a B vitamin, is essential for the proper development of the baby's nervous system, including the brain and spine. Consult with your OB/GYN to identify which prenatal vitamin is best for you.

2. "Pregnant women should eat for two."

This statement is false. Although calorie needs increase during pregnancy, needs do not double. During the second trimester, a pregnant woman should eat an additional 350 calories/day and in the third trimester, an additional 452 calories/day. These additional calories should come from nutrient-dense foods.



3. "Poor maternal diet is associated with poor quality of breastmilk."

This statement is false. The quality of breastmilk does not significantly depend on maternal diet. In fact, the composition of breastmilk transforms regardless of what the mother eats to meet the baby's nutritional needs for growth and development. Moms should still eat a diverse and nutrient dense diet for their own health and well-being. Consuming adequate calories and fluid is also important to support milk production.

4. "Breastfeeding women should completely avoid specific foods."

This statement is false. There is no need to avoid certain foods while breastfeeding. A breastfeeding mom should create and maintain a diverse and healthy diet that meets increased calorie needs for milk production. While no foods need to be completely *avoided*, some foods should be *limited* - caffeinated beverages, alcohol, and fish with high levels of mercury. Consuming too much of these foods can negatively alter the composition of breastmilk. See page 6 for more information.

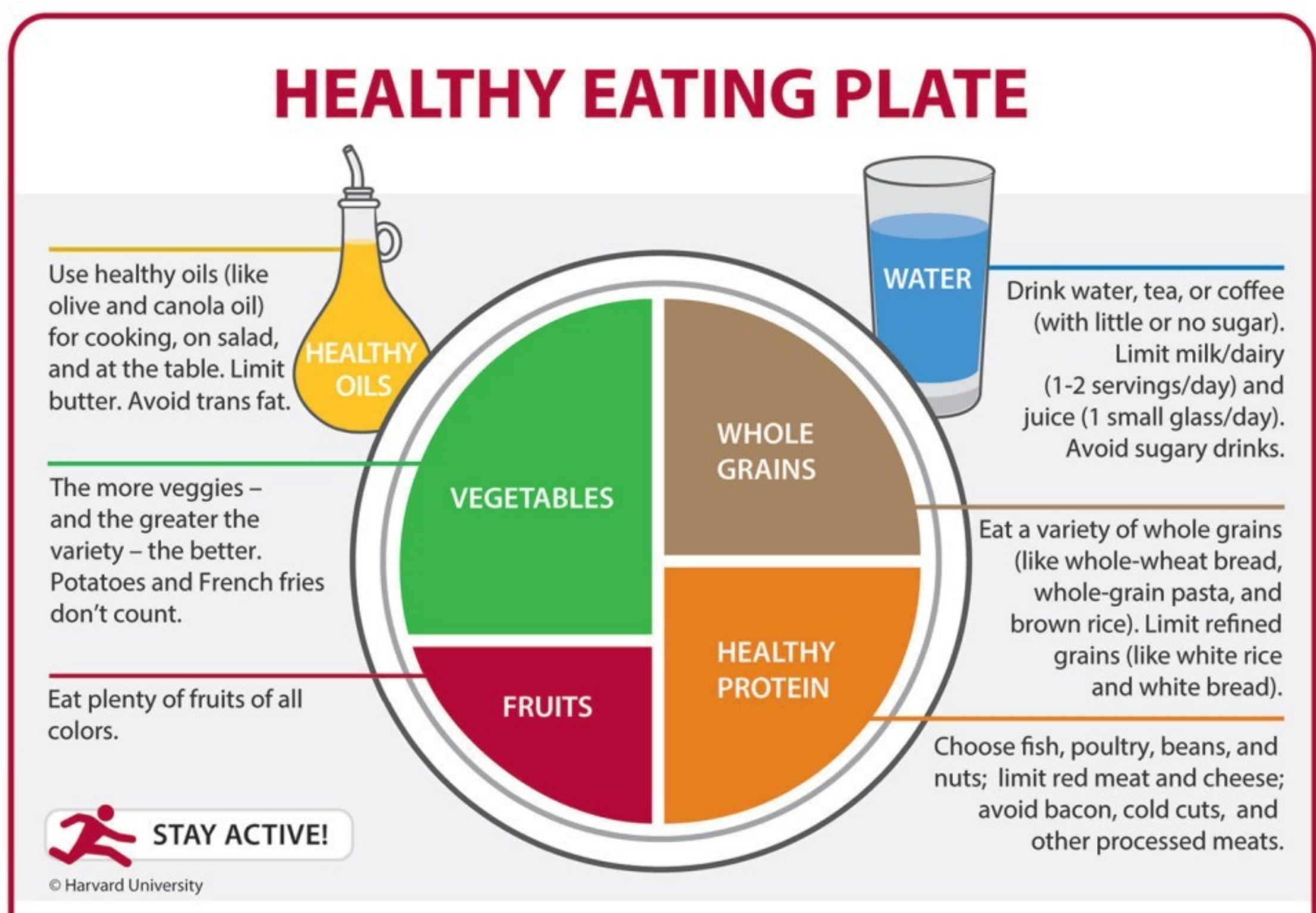


NUTRITION BEFORE, DURING, AND AFTER PREGNANCY

Healthy eating before, during, and after pregnancy may be daunting, so a little help can go a long way. Continue reading to find out how you can achieve a healthy diet throughout these stages of motherhood.

General Nutrition Tips: Before, During, and After Pregnancy.

1. Eat a variety of fruits and vegetables
 - Include 1-2 cups at each meal and most snacks
 - Go for many colorful fruits and vegetables throughout the day- red, blue, purple, yellow...
 - Fresh and frozen are best. Limit dried fruits and juices.
2. Choose lean and plant-based proteins
 - Beans and legumes (low-sodium varieties if using canned foods)
 - Whole soy foods like tofu and edamame
 - Lean meats like skinless poultry, low mercury fish (e.g.: tilapia, salmon), and eggs
 - Nuts and seeds, including nut butters
3. Eat more whole grains and less refined grains
 - Choose more whole grains and foods made from them
 - Oats, quinoa, brown rice, barley, whole-wheat bread, whole-grain pasta, etc.
 - White/refined grain foods like pretzels and crackers can be helpful for nausea, especially in the first trimester
4. Go for healthy, plant-based fats and oils
 - Olive, canola, avocado oil, etc.
 - Avocados, nuts, seeds, etc.
5. Decrease sodium intake by limiting cured, processed, and smoked foods
 - Instead of salt, use lemon juice, spices, or fresh herbs to flavor meals
6. Drink plenty of fluids
 - Water should be the primary source of hydration, but unsweetened seltzer and herbal teas can help meet your fluid needs!



Nutrition Before Pregnancy.

Good nutrition prior to conception is associated with better chances of conceiving and enhanced health for mom and baby.

- Nutrition goals:
 - Build adequate nutrient stores through healthy diet and supplementation to get mom's body ready for conception
 - Women who have a nutrient deficiency and/or are underweight or overweight may take a longer time to conceive
 - Folic acid is essential for the proper development of the baby's nervous system
 - Maintain a healthy body weight
 - Weight is often assessed by [Body Mass Index](#) (BMI)- a BMI of 18.5-24.9 is considered normal, but always review numbers with your doctor as this measurement has its flaws
- Recommendations:
 - Follow general healthy diet. See page 3 for more information.
 - Achieve a healthy body weight by committing to small, sustainable, nutrition and lifestyle changes
 - Take a prenatal vitamin with 400 micrograms of folic acid for at least one month before conception - try different brands until you find one you can tolerate. Always take with a larger meal (e.g.: lunch or dinner) for optimal absorption.
 - Maintain other healthy lifestyle behaviors for overall well-being- exercise, meditation, and sleep



Nurition During Pregnancy.

Maintaining adequate nutrition during pregnancy can support mom's ability to accommodate the physical demands of pregnancy while providing the building blocks for baby's growth and development.

- Nutrition goals:
 - Maintain adequate weight gain throughout pregnancy to support baby's growth and development and all bodily changes like increased blood volume and placenta growth
 - [Recommended weight gain](#) depends on pre-pregnancy weight
 - Weight gain is a result of changes in mom's body during the first half of pregnancy (e.g.: increased blood volume and uterine tissue) and with baby's growth during the second half of pregnancy - yes, your body is amazing!
- Recommendations:
 - Follow general healthy diet. See page 3 for more information.
 - Increase calorie intake throughout pregnancy - your body will tell you your needs are higher by signaling that you are hungry! - See page 7 for ideas.
 - In the 2nd trimester, pregnant women need an additional 350 calories/day
 - In the 3rd trimester, pregnant women need an additional 452 calories/day
 - Take a prenatal vitamin with 600 micrograms of folic acid
 - Drink at least 10 cups of water/day - water, caffeine free teas and seltzer all count, but make it water most of the time.
 - Consume less than 200 milligrams of caffeine/day (the equivalent of one 12-ounce cup of coffee)
 - Consuming too much caffeine is associated with poor sleep, nausea, and lightheadedness
 - Avoid alcohol throughout pregnancy
 - Alcohol is associated with the following risks: miscarriage, preterm delivery, and intellectual disability
 - Avoid [fish with high levels of mercury](#).
 - Mercury is associated with poor neurodevelopment
 - According to the ACOG, fish with the highest mercury levels include king mackerel, marlin, orange roughy, shark, swordfish, tilefish, and bigeye tuna
 - Avoid lunch meats, cold cuts, meat spreads, raw milk, and unpasteurized soft cheeses
 - Maintain other healthy lifestyle behaviors for overall well-being- exercise (as advised), meditation, and sleep.
- Nutrition Management of Symptoms:
 - If you are experiencing [nausea](#)-
 - Eat bland and simple foods- e.g.: pretzels, bananas, plain oatmeal, rice, potatoes, and plain pasta
 - Eat small, frequent meals, as tolerated- try eating every 1-2 hours
 - Maintain hydration- water is still most important but ginger ale and coconut water may be helpful
 - Try the BRATT diet- bananas, rice, applesauce, toast, and tea
 - If you are experiencing [constipation](#)-
 - Increase fiber intake to about 25 grams/day and drink more water as your fiber intake increases
 - Examples of high fiber foods include apples, lentils, raspberries, split peas, and whole-wheat pasta

Nutrition After Pregnancy

Breastmilk production is one of the miracles of life! By eating healthy and diverse foods can positively impact breastmilk production and while supporting mom's energy and well-being at a time when she needs it the most.

- Nutrition goals:
 - Meet increased calorie needs for breastmilk production
- Recommendations:
 - Follow a general healthy diet. See page 3 for more information.
 - Continue prenatal vitamin - consult with OBGYN on when to discontinue
 - [Consume an additional 500 calories/day](#) for breast milk production. See page 7 for more information.
 - Drink 10-12 cups of fluid/day- water is most important, but seltzer and herbal teas can count, too
 - Consume less than 200 milligrams of caffeine/day (the equivalent of one 12-ounce cup of coffee). Too much caffeine in breastmilk can disrupt the baby's sleep patterns and cause the baby to become irritable.
 - Occasional consumption of alcohol is not harmful- but limit to one drink. According to the ACOG, mom should wait at least 2 hours before breastfeeding if she drinks an alcoholic beverage. Alcohol in breastmilk can disrupt the baby's sleep patterns and cause delayed growth and development.
 - Limit high mercury fish like king mackerel and bigeye tuna. Too much mercury in breastmilk can harm neurodevelopment.



How to Meet Increased Calorie Needs

Calorie needs increase during pregnancy and lactation. Meet these needs by adding snacks that include nutrient-dense foods.

- Go for 2-3 snacks daily, some ideas include-
 - Hardboiled eggs
 - Greek yogurt with strawberries
 - Cottage cheese with red grapes
 - Steamed edamame or dry roasted edamame
 - High fiber cereal with banana slices and unsweetened milk
 - Unsweetened oatmeal packets and blueberries
 - Whole grain crackers with cheddar cheese stick
 - Ready to eat snack bars like Lara Bars or KIND bars
 - Trail mix - a good example includes unsalted cashews and almonds, dried cherries, and dark chocolate chips
 - Hummus or guacamole with baby carrots and/or whole grain crackers
 - Granola with unsweetened milk
- Drink high-calorie beverages
 - Peanut butter shake- with banana, unsweetened milk, and peanut butter
 - Unsweetened plant based milk
 - Berry smoothie - with frozen berries, yogurt, almond butter, and unsweetened milk
- Incorporate healthy fats at meals
 - Avocados, nuts like almonds or cashews, and seeds like chia seeds, hemp seeds, or flaxseeds



Tips for Increasing Water Intake

Staying hydrated is essential to support many changes mom experiences during pregnancy and can help with milk production while breastfeeding. During pregnancy, water plays an important role in the formation of amniotic fluid, increased blood volume, and circulation of nutrients; and during lactation, fluids promote breastmilk production.

- Add flavor to your water by infusing water with fresh fruits and herbs
- Purchase and use a marked water bottle
- Drink more herbal teas like ginger or chamomile tea
- If juice is desired, add a splash to a glass of water
- Eat more water-rich foods like watermelon, cucumbers, celery, and tomatoes

Exercise Recommendations

Exercise can have benefits during all stages of motherhood- when it is cleared by your physician. Exercise can promote healthy weight before conception, enhance pregnancy outcomes by reducing risk of gestational diabetes and preeclampsia, and help promote mental health and well-being for post-partum women.

- Before pregnancy:
 - 30 minutes of moderate to vigorous physical activity at least 5x/week
 - Muscle-strengthening at least 2x/week
- [During](#) and after pregnancy:
 - 30 minutes of moderate physical activity at least 5x/week
 - Consult with your OB/GYN to resume physical activity
- Examples of ways to get maintain activity:
 - Brisk walking, running/jogging, pre/post natal yoga, swimming



MEAL PLANNING



General Tips for Meal Planning

Although meal planning might seem tedious, it can save you a lot of time and money. Meal planning can also help you incorporate a variety of nutrient-dense foods into your diet.

1. Create a weekly menu and incorporate recipes that use easy to use fresh ingredients, frozen fruits and vegetables, and low sodium canned ingredients
2. Choose make-ahead meals that can easily be reheated or components that can be reused later in the week (e.g.: roasted chicken becomes chicken tacos)
3. Prep ingredients ahead of time so that they are ready to use (e.g.: wash/chop produce, cook rice, prepare marinades)
4. Prepare meals in bulk and freeze leftovers (e.g.: lentil soup or turkey meatballs)
5. Try a new recipe every week or month to avoid boredom
6. Stock up on easy to use foods and seasonings- frozen fruits & vegetables, whole grains/whole grain breads, canned beans, frozen meats, condiments, dressings, and marinades
7. Take advantage of meal planning tools

Meal Planning Tools

- Mobile Apps
 - [Paprika](#) and [Mealime](#) can help you organize recipes, create meal plans, and write grocery lists
 - [BigOven](#) can help you transform leftovers into new and exciting and meals
 - [MealBoard](#) can help you meal plan while staying true to your budget
- Grocery lists
- Meal log- keep a running log of meals/recipes that you liked and would like to try again so to help answer the question- "what is for dinner?"
- Office of Work/Life [EAT 5 Meal Planning Guides](#)



Meal Planning Example

DAY 1	DAY 2	DAY 3
<p>BREAKFAST WG Egg Sandwich: WG English Muffin with spinach scrambled eggs and orange slices; water and 12 oz tea</p> <p>SNACK Apple slices with cinnamon; optional- cottage cheese; ginger tea and water</p> <p>LUNCH Rainbow Wrap: Whole-wheat wrap, arugula, red onions, yellow bell peppers, tomatoes, avocado and roasted red pepper hummus; and water</p> <p>SNACK Banana with almond butter; basil infused water</p> <p>1 Hour Walk with Friend Take refillable water bottle on the go</p> <p>DINNER Sheet-Pan Salmon and Zucchini: Salmon seasoned with dill and garlic, zucchini slices, small potato cubes, and cherry tomatoes; water. See page 21 for recipe.</p>	<p>BREAKFAST Apple Cinnamon Blueberry Overnight Oats: Mix and refrigerate dry oats, unsweetened milk, apples and cinnamon; top with blueberries; 12 oz coffee and water</p> <p>SNACK Grapes; chamomile tea</p> <p>LUNCH Chopped Chickpea Salad Chickpeas, chopped tomatoes, cucumbers, peppers, dill, pasteurized feta, lemon juice, and olive oil; optional- whole grain crackers; water</p> <p>SNACK KIND bar; water</p> <p>1 Hour Walk Take refillable water bottle to go</p> <p>DINNER Daal Curry with Naan: Yellow lentils, spinach whole grain naan, ginger, garlic, cilantro, seasonings; water. See page 23 for recipe.</p>	<p>BREAKFAST Peanut Butter Toast Whole grain toast and peanut butter topped with banana slices and blueberries; and water</p> <p>SNACK Peach and optional Greek yogurt; water</p> <p>LUNCH Cabbage and White Bean Soup: Boil low-sodium chicken broth with cabbage and white beans, seasonings; and water</p> <p>SNACK Quick smoothie- blend- frozen mixed berries, unsweetened almond milk, almond butter</p> <p>1 Hour Walk with Baby Take refillable water bottle to go</p> <p>DINNER Veggie Frittata Cups Serve with brown rice and side salad; and unsweetened seltzer. See page 12 for recipe.</p>



RECIPES

BREAKFAST

LUNCH

DINNER

SNACKS

BREAKFAST

Veggie Frittata Cups

Prep time: 10 minutes

Total time: 25 minutes

Servings: 4

Ingredients:

8 eggs

4 cups vegetables, fresh or frozen (e.g.: spinach, broccoli, peppers, tomatoes, etc.)

4 tablespoons milk

½ teaspoon salt

½ teaspoon pepper

Cooking spray

2 slices whole grain bread or English muffin- for each serving

Directions:

1. Pre-heat oven to 350°F. In a medium mixing bowl, combine and mix first four ingredients
2. Spray your muffin tin with cooking spray and evenly distribute egg and vegetable mixture among all the muffin cups
3. Place muffin tin in the oven for 15-20 minutes until eggs are completely set
4. While frittata cups are baking, toast whole grain bread until desired doneness
5. Remove muffin tin from the oven and serve with toast. Enjoy!

Notes:

- This recipe is great for freezing. These cups are an excellent option for lunch and dinner as well! Serve with a colorful salad for lunch or brown rice and steamed broccoli for dinner. They can also be added to a bistro box. See page 18 for more information.



BREAKFAST

Apple-Cinna-Blueberry Overnight Oatmeal

Prep time: 10 minutes

Total time: 8-12 hours

Servings: 1

Ingredients:

½ cup old-fashioned rolled oats
½ cup plain, 0% Greek yogurt
½ cup unsweetened plant based milk
½ cup apples, diced
½ cup blueberries
½ teaspoon vanilla extract
¼ teaspoon cinnamon
1 teaspoon of maple syrup

Directions:

1. In a bowl or glass jar, stir together oats, yogurt, oatmeal, apples, milk, vanilla and cinnamon
2. Twist lid onto jar and refrigerate 8-12 hours or overnight
3. Top with remaining blueberries when ready to eat and enjoy



BREAKFAST

Baked Eggs with Kale & Chickpeas

Prep time: 10 minutes

Total time: 25 minutes

Servings: 4

Ingredients:

2 teaspoon olive oil

8 eggs

2 cup kale

2 cup tomato sauce

2 cup low sodium chickpeas

2 teaspoon garlic powder

2 teaspoon onion powder

½ teaspoon salt

½ teaspoon pepper

4 tablespoons basil (optional)

Directions:

1. In a medium pan, heat olive oil- sautee kale for 2-3 minutes until wilted.
2. Add chickpeas, tomato sauce, garlic and onion powder to the pan and stir. Cover and cook for an additional 5 minutes.
3. Crack eggs into the pan and cover. Cook for 10 minutes until yolks are set.
4. Uncover the pan and top with basil (optional). Enjoy!

Notes:

- Serve this dish with whole wheat pita bread for a dinner.



BREAKFAST

Blueberry & Raspberry Smoothie Bowl

Prep time: 5 minutes

Total time: 10 minutes

Servings: 2

Ingredients:

1/2 cup Greek yogurt

1/2 cup unsweetened, plant-based milk

1/2 banana

1 cup berries (e.g.: blueberries and raspberries), fresh or frozen

1/2 cup granola

Directions:

1. Add Greek yogurt, milk, blueberries, and raspberries to your blender and blend on high until smooth
2. Serve in a bowl with granola on top; add additional berries if desired



LUNCH

Avocado Tofu Toast

Prep time: 5 minutes
Total time: 10 minutes
Servings: 2

Ingredients:

1 teaspoon olive oil
11 oz tofu, cut into 1-inch thick slices
Turmeric
½ teaspoon salt
½ teaspoon pepper
½ teaspoon salt
½ teaspoon garlic powder
2 slices whole grain bread
1 avocado smashed

Directions:

1. Heat olive oil in a small pan and season both sides of tofu with turmeric, garlic, salt, and pepper
2. When the oil is hot, place seasoned tofu in small pan and cook each side of the tofu for 2 minutes. Set tofu aside after cooking
3. While the tofu is cooking, toast your slices of bread until desired and spread mashed avocado onto one side of your toast.
4. Place cooked tofu on top of the mashed avocado and enjoy

Notes:

Adapted from: Chew, Rachel. (5 November, 2015). Vegan Avocado Tofu Toast.
Retrieved from: <https://radiantrachels.com/vegan-avocado-tofu-toast/>



LUNCH

Chickpea "Tuna Salad" Sandwich

Prep time: 5 minutes
Total time: 10 minutes
Servings: 2

Ingredients:

- 1 cup low-sodium chickpeas, drained and rinsed
- 1 lemon, juiced.
- 1 tablespoons Greek yogurt
- 1 teaspoon mustard
- 2 celery stalks, chopped
- ¼ cup red onion, chopped
- ¼ garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 slices whole grain bread

Directions:

1. Into a small mixing bowl, add chickpeas and smash them
2. Add lemon juice, Greek yogurt, mustard, celery, onion powder, salt, and pepper and mix until combined
3. While mixing, toast two slices of bread until desired
4. Assemble sandwich by spreading the chickpea mixture on one side of whole grain toast and topping the mixture with another slice of toast. Enjoy!

Notes:

Adapted from: The Simple Veganista. "Chickpea of the Sea" Tuna Salad Sandwich.
Retrieved from: <https://simple-veganista.com/chickpea-of-sea-salad-sandwic/>



LUNCH

The Bistro Box

Prep time: 5 minutes

Total time: 5 minutes

Servings: 1

Ingredients:

2 servings of protein foods — e.g.: hardboiled egg, hummus, roasted chicken breast, peanut butter, black bean hummus, or steamed edamame

½ cup fruit — e.g.: berries, grapes, sliced peaches or apples

1 cup vegetables — baby carrots, celery sticks, sliced bell peppers, or sugar snap peas

1 serving whole-grain — pita bread, crackers, or lentil chips

Directions:

1. Arrange all your ingredients in a container to your liking and enjoy



LUNCH

Farro & Edamame Salad

Prep time: 10 minutes

Total time: 30 minutes

Servings: 4

Ingredients:

3 cups farro, cooked

4 cups cabbage, shredded

1 cup thawed frozen edamame, thawed in refrigerator overnight

1 cup pumpkin seeds

6 tablespoons prepared soy ginger dressing (preferable with less than 200 mg sodium per serving)

Directions:

1. Assemble the salad by layering the farro, cabbage, edamame, and pumpkin seeds in a medium bowl.
2. Pour soy ginger dressing over the salad and mix. Enjoy!



DINNER

Quick Tomato, Cabbage, & White Bean Soup

Prep time: 10 minutes

Total time: 35 minutes

Servings: 4

Ingredients:

2 teaspoon olive oil
4 cups cabbage, shredded
2 can low sodium cannellini beans, undrained
1 cup red onion, sliced
4 cups low-sodium vegetable broth
2 teaspoon tomato paste
2 teaspoon Italian seasoning
2 teaspoon garlic minced
½ teaspoon salt
½ teaspoon pepper

Directions:

1. Heat olive oil in a medium pot sautee cabbage and red onion for 5 minutes
2. Cook vegetables for 5 minutes
3. Add the cannellini beans, vegetable broth, tomato paste, and seasonings to pot and stir until combined
4. Let the vegetables and broth simmer together for 20 minutes and enjoy



DINNER

Sheet-Pan Salmon with Zucchini & Potatoes

Prep time: 15 minutes

Total time: 35 minutes

Servings: 4

Ingredients:

4, 5 oz. salmon filets
3 tablespoons basil pesto, store-bought
2 cup baby tomatoes, whole
2 cup zucchini, sliced
2 cup small potatoes, halved
2 tablespoons olive oil
½ teaspoon salt
½ teaspoon pepper

Directions:

1. Pre-heat the oven to 400 °F
2. Drizzle 1 tablespoon olive oil on a sheet pan and then arrange the salmon filets, sliced zucchini, and potatoes on top
3. Drizzle all with remaining tablespoon olive oil and season with salt and pepper. Toss the vegetables to combine.
4. Bake for 15 minutes
5. Remove the sheet pan from the oven and enjoy



DINNER

Harvest Bowl with Quinoa & Apples Potatoes

Prep time: 25 minutes

Total time: 25 minutes

Servings: 4

Ingredients:

4 cups baby spinach

2 cup low-sodium canned chickpeas, drained and rinsed

4 cups quinoa, cooked

1 apple, diced

4 tablespoons balsamic dressing

Directions:

1. Toss spinach, chickpeas, quinoa, and diced apples, in a medium mixing bowl
2. Pour the balsamic dressing on top of the salad and toss. Enjoy!

Notes:

Optional add-ins can include- pasteurized feta cheese, avocado, roasted sweet potatoes, or slivered almonds



DINNER

Daal Curry with Whole Wheat Naan

Prep time: 10 minutes

Total time: 40 minutes

Servings: 6

Ingredients:

2 teaspoon olive oil
2 teaspoon garlic, minced
2 teaspoon ginger, grated
4 cups yellow lentils
3 cups spinach baby spinach
6 cups water
1/2 cup coconut milk
1 teaspoon turmeric
1 teaspoon cumin
½ cup cilantro
2 whole-grain naan

Directions:

1. Heat olive oil in a medium pot; add garlic, ginger, tumeric and cumin. Sautee for 2 minutes until fragrant
2. Add the yellow lentils, spinach, water and coconut milk to the pot. Bring to a boil and reduce to a simmer 30 minutes.
3. Mix in baby spinach until wilted (about 2 minutes)
4. Garnish with cilantro and serve with whole wheat naan. Enjoy!

Notes:

This recipe is great for freezing.



SNACK

Berry Blast Smoothie

Prep time: 5 minutes

Total time: 5 minutes

Servings: 1

Ingredients:

1 cup unsweetened plant based milk

1 banana

1 cup frozen berry mix

1 tablespoon almond butter,

1 cup baby spinach leaves

½ teaspoon vanilla extract

Directions:

1. Add all ingredients to blender and blend on high until smooth. Enjoy!



SNACK

Beet Hummus with Baby Carrots

Prep time: 5 minutes

Total time: 1 hour

Servings: ~8 servings

Ingredients:

1 can low sodium chickpeas drained and rinsed

½ cup beets, peeled, chopped, and roasted

2 tablespoons tahini

½ teaspoon lemon, juiced

2 tablespoons extra-virgin olive oil

Salt and pepper

Baby carrots

Directions:

1. Place chickpeas, beets, tahini, lemon juice, and olive oil into food processor and blend to desired consistency, scraping down the sides as needed
2. Add salt and pepper to taste
3. Serve with baby carrots and enjoy



RESOURCES

- American College of Obstetrics and Gynecology ([ACOG](#))
 - [FAQs: Prepregnancy Care](#)
 - [FAQs: Nutrition during Pregnancy](#)
 - [FAQs: Exercise during Pregnancy](#)
 - [FAQs: Morning Sickness: Nausea and Vomiting of Pregnancy](#)
 - [Article on constipation during pregnancy](#)
 - [FAQs: Breastfeeding Your Baby](#)
- Centers for Disease Control and Prevention ([CDC](#))
 - [Breastfeeding and maternal diet](#)
- Academy of Nutrition and Dietetics ([AND](#))
- Office of Work/Life's [EAT 5](#) Meal Planning Guides
 - [Breakfast](#)
 - [Lunch](#)
 - [Dinner](#)
- Office of Work/Life's [Breastfeeding Support Program](#)
- Recipes
 - Food and Nutrition Magazine [Recipes](#)
 - American Heart Association ([AHA](#))
 - American Institute for Cancer Research ([AICR](#))
 - [The Monday Campaigns](#)



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