



southern  
new hampshire  
health

Foundation OB/GYN



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## Nutrition, Exercise & Travel

### Nutrition

A balanced diet is very important in pregnancy. For a woman of ideal body weight, the normal and healthy weight gain during pregnancy is between 25-35 pounds. The average woman can expect to gain about 3 pounds in the first 13 weeks, and then 1 pound per week for the remainder of the pregnancy. If you are carrying twins you should expect to gain about 40 pounds. For patients who begin pregnancy above or below ideal body weight, your provider will provide you with proper guidelines.

- Eat an additional 300 calories during the second and third trimester.
- You will also need to intake 64 oz. of milk, water or juice.
- Ensure you are getting 1000 mg of Calcium daily
- Ensure you are getting 0.8 mg of folic acid, unless you are pregnant with twins or there is history of neural tube defects.
- Fish servings should be a maximum of 12 oz. serving per week.
- Wash fruits and vegetables thoroughly
- Cook all meats well done
- Deli meat should be avoided, or heated up in the microwave for at least 15 seconds.
- Avoid raw eggs, unpasteurized juices and cider, soft cheese like brie, blue cheese and Camembert.

### Exercise

Exercise is essential to good health and is an excellent way to prepare your body for the “labor” of giving birth. It helps relieve pregnancy related pains and aches. You should strive for 30 minutes of moderate exercise daily. If you are already in an exercise routine, you do not need to change it just because you are pregnant. If you are not currently in an exercise routine, please start slowly.

- It is generally safe to lift up to 25 pounds, however you may discuss with your provider if you feel you are capable of lifting more.
- Drink plenty of fluids when exercising
- After the first trimester, avoid exercises on your back.
- Avoid: racquet sports, skiing, snowmobiling, motorcycling, gymnastics, horseback riding, water skiing, surfing, diving, scuba diving and contact sports.
- Stop exercising if you feel faint, dizzy, uterine contractions, leakage of fluid from the vagina, calf pain or swelling, vaginal bleeding, or chest pains.

### Travel

The best time to travel during pregnancy is between 14-32 weeks. Discuss with your provider if you are planning on traveling out of the country. Most airlines will allow women to fly until around 36 weeks, but you should check with your carrier and provider.

- Wear a seatbelt whenever traveling by car, this includes the lap and shoulder belt.
- Have a prenatal checkup before you leave.
- Eat regular meals and drink extra fluids.
- Change positions and stretch your legs frequently to prevent circulation problems and blood clots.

\*\*\*If you have any questions, feel free to contact our office for guidance.