



Eating During Pregnancy and COVID

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Eating during pregnancy can have its challenges but add in COVID and it can be close to impossible to negotiate. During this pandemic, try to stick to a structure around eating at home. For example, have a rough routine around meal and snack times so that you are not simply grazing all day. This also helps ensure that you never have too long to go before your next meal. Let's face it, food is an enjoyable part of the day and can continue to be.

Return to the basics: a balanced and varied diet will ensure you and your baby have all you need during your pregnancy.

- Allocate veggies for 2-3 meals per day. Mix in greens and tomatoes with your eggs (rich in choline for brain and spinal cord development).
- Focus on snacks that provide energy and nutrients (see list in newsletter for kid's healthy snacks-great for pregnant moms too).
- Stay hydrated mostly on water, avoid carbonation and caffeine if you experience heartburn during pregnancy.
- Get outside, walk, hike, ride a bike, swim, go to playground with your kids, have a picnic in the sunshine. Increasing Vitamin D levels through natural sunlight exposure to your skin and eyes will increase your immunity against COVID.
- Get enough protein to support your growing fetus, aim for one gram per pound of body weight (150 lbs woman =150 grams protein). Choose plant based (beans, lentils, nuts, seeds, tofu, nut/seed based milks, soybeans, protein powders, nutritional yeast) and/or animal based proteins (dairy, red meat, poultry, fish, eggs). Include 1-2 sources per meal and snack daily.
- Iron is essential for increased blood volume to mom and baby and allows the blood to carry oxygen throughout the body. Anemia is quite common in pregnancy. Keep your iron stores up to prevent fatigue, irritability and muscle aches and pains. Vitamin C helps the body to absorb iron; try to pair iron-rich foods with vitamin C-rich food like tomatoes and citrus. Iron-rich foods include red meat, organ meats, almonds, dried apricots, artichokes, broccoli, lean chicken, eggs, chickpeas, kidney beans, quinoa and raisins.
- If you experience other symptoms in pregnancy such as nausea, digestive issues, fatigue, food cravings or aversions, seek the guidance of a health professional and dietitian to manage your care.