

A GOOD HEALTHY DIET

A good healthy diet can mean the greatest delivery and birth verses the worst (if the diet is forsaken). I highly recommend the following for my clients to experience a risk free healthy and happy birth. It is also a good idea to continue this diet in order to get the proper nutrition while nursing as well.

The Basic Plan needs to be followed daily unless there is a significant need noted from your requirements found in the nutrition profile.

GROUP 1 (Whole milk, Milk Products and Milk Substitutes)

4 exchanges

One exchange provides about 8 grams of protein plus a considerable amount of calcium, fats, and other essential vitamins and minerals.

*It is our feeling that fresh, raw goat's milk provides the best nutrition for you and your baby; however, we realize many cannot gain access to this and will have to use cow's milk or a milk substitute. If you are able to get fresh, raw cow's milk, do so, otherwise, you may want to try rice milk. We strongly discourage the use of Soymilk and soy products!

<u>Group 1 Foods</u>	<u>Portion Size</u>
Goat's Milk	1 1/8 cup
Whole cows milk	1 cup
Yogurt (plain or vanilla w/ no additives)	1 cup
Nonfat, dried powdered milk	1 cup
White cheeses: Cheddar, Swiss, Jack, Muenster, Mozzarella, etc.	1 1/4 oz.
Cottage or ricotta	1/4 cup
Parmesan or Romano, grated	3 tbsp.
Ice Milk or All natural ice cream	1 cup

Note: For each yogurt or cottage cheese exchange you choose, add two extra exchanges from group 7 (fats and oils)

GROUP 2 (Eggs)

2 exchanges

One exchange provides six grams of protein, and vitamins and minerals in abundance, including one milligram of well-assimilated iron and 600 units of vitamin A (the anti-infection vitamin). Added together the milk and egg exchanges add a baseline of 44 grams of protein and the vitamin, mineral and calorie foundation needed for a good healthy daily diet.

<u>Group 2 Foods</u>	<u>Portion Size</u>
Egg, whole, any style	1

GROUP 3 (Meats, Poultry, Seafood and Substitutes)

6 exchanges

Foods in this group are exceptional sources of high-quality protein. One exchange provides approximately 7 grams of protein. Since many choose a more vegetarian route, for every non-meat choice you make, except peanut butter, add 2 extra exchanges from group 7 (fats and oils).

<u>Group 3 Foods</u>	<u>Portion Size</u>
Beef, lamb, veal, or pork, any cut, cooked	1 oz.
Organ meats: liver, heart, kidney	1 oz.
Poultry or Fish (fresh or frozen) cooked	1 oz.
Deli meat (thin sliced)	1 slice
Frankfurter	1
Shellfish: clams, oysters, shrimp, etc.	5 large or 2 oz.
Canned seafood: crab, lobster, and tuna	1/4 cup

Group 3 Foods (Continued)

	<u>Portion Size</u>
Sardines, canned	3
Anchovies	1 oz.
Cheese (hard such as cheddar, jack, etc.)	1 oz.
American slices	2 slices
Cottage or ricotta	¼ cup
Parmesan or Romano, grated	3 tbsp.

Vegetarian substitutes:

Peanuts	¼ cup
Peanut Butter	2 tbsp.
Beans w/ br.rice or bulgur wheat (uncooked)	¼ c. beans; ½ c. grain
Seeds (sesame, sunflower) w/rice (uncooked)	¼ c. seeds; 1 c. grain
Beans w/ cornmeal	¼ c. beans; 2 muffins
Beans and seeds	¼ c. beans; 1/3 c. seeds
Potato, baked and stuffed w/ cheese	1 large; ½ c. milk; ½ oz. cheese
Whole grain noodles or bread w/ cheese	1/3 c. noodles or 1 slice bread; ½ oz. Ch

GROUP 4 (Dark green vegetables, fresh or frozen)

2 exchanges

Foods in this group are rich in vitamins and minerals such as A and B complex, which are necessary to aid your body in making use of the protein provided by other foods. This group also contains food fiber to promote normal digestion and bowel movements.

Group 4 Foods

	<u>Portion Size</u>
Broccoli or Brussels sprouts	1 cup
Spinach, cleaned and raw	2/3 cup
Greens: collard, turnip, beet, etc.	2/3 cup (cooked)
Romaine, endive, escarole lettuce	½ cup
Watercress or sprouts (bean or alfalfa), raw	½ cup
Bok choy or Swiss chard, raw	1 cup
Asparagus, cooked	½ cup

GROUP 5 (Whole grains, Starchy vegetables, fruits)

5 exchanges

Prime sources of the carbohydrates needed to fuel the body. Each exchange provides about 12-15 grams of carbohydrate. If you consume too few carbohydrates, your body burns the protein you eat for energy, thus robbing you and your baby of the building blocks needed for tissue growth and repair. Grains are also a good source of B vitamins.

Group 5 Foods

	<u>Portion Size</u>
Whole wheat or Oat bread	1 slice
Bagel or English muffin	½
Dinner roll or biscuit	1
Hotdog/hamburger bun or sub roll	½
6" corn tortilla or corn/bran muffin	1
Egg noodles or other cooked pasta	½ cup
Pancake or waffle (5" diameter)	1
Wheat germ	¼ cup
Popcorn, popped	3 cups
Brown rice, cooked	½ cup
CRACKERS:	
Ritz	5
Graham	1 full

Group 5 Foods (Continued)CRACKERS:

Matzo (6" x 4")
Saltines
Rice Cakes

Portion Size

½
6
2

CEREALS:

Shredded wheat

Bran or granola
Boxed (Not sugared)
Puffed wheat, rice, etc.
Cooked (oat, wheat, rice) or grits

1 biscuit or 2/3 cup mini-wheats
½ cup
2/3 cup
1 cup
½ cup

VEGETABLES:

Corn, limas, and beans (peas, lentils)
Corn on the cob
Parsnips
White potato
Mashed potato or cooked pumpkin
Potato chips
Baked beans, canned
Beets or carrots (cooked)
Carrots (raw)
Cucumber
Onion
Pickles, sliced
Squash, cooked

Sweet Potato
Tomato
Turnips, cooked
Water Chestnuts

½ cup
1 ear
2/3 cup
1 small
½ cup
15
¼ cup
1 cup
2
1 large
1 (raw); ¾ cup (cooked)
10 (dill); 2 (sweet)
1/3 cup (winter);
1 ½ cup (summer)
½
1 ½ (fresh); ½ cup (puree)
1 ¼
¾ cup

FRUITS:

Apple, banana, mango, pear
Grapefruit or orange
Juice (apple, grape, or pineapple)
(grapefruit, cranberry, orange)
(prune)
Applesauce
Apricots
Avocado
Berries (black, blue, and raspberries)
(strawberries)
Melons

Cherries
Cranberry sauce
Dates
Figs, fresh or dried
Fruitcocktail, peaches, pineapple, plums
Grapes

Lemonade (from concentrate)
Nectarine
Papaya or pineapple
Peach or tangerine
Peaches (dried)

½ fresh
½
1/3 cup
½ cup
¼ cup
¼ cup
3 (fresh); ½ c. (canned)
1-cup pieces
½ cup
1 cup
½ (cantaloupe);
1/8 (honeydew)
½ cup
½ tbsp.
2
1
1/3 cup (canned in juice)
1 c (purple);
½ c (green or white)
1/3 cup
1 small
½ cup pieces
1
1/8 cup

Group 5 Foods (Continued)

FRUITS:

Pears	½ cup (canned in juice)
Persimmon	½
Plantains (cooked)	¼ cup
Plum	2
Prunes (cooked or dried)	3
Raisins	2 tbsp.
Watermelon	1 section (2" x 5")

GROUP 6 (Vitamin C Foods)

2 exchanges

Vitamin C is important for the body's manufacture of collagen, the connective substance that holds tissues together. Without adequate C, your uterus is less strong and may not perform well in labor or contract well and remain firm and healthy after your baby is born. Vitamin C is also crucial in the body's defense system against infection.

Group 6 Foods

Portion Size

Raw cabbage or cooked cauliflower	1 cup
Cantaloupe or pink grapefruit	½
Grapefruit juice	2/3 cup
Lemon, lime or orange	1
Orange juice	½ cup
Papaya	½ cup
Green or red pepper	1
Potatoes, cooked in their skins	2
Fresh Strawberries	½ cup
Tangerines	2
Tomato	1 lg. (fresh); 1 c. (juice); 2/3 c (puree)

GROUP 7 (Fats and Oils)

5 exchanges

Fats and oils are needed in your diet to help your body absorb the fat-soluble vitamins, A, D, E, and K. They also contribute to fine-textured, well-functioning skin.

Group 7 Foods

Portion Size

Butter, Mayonnaise, Oils and Lard	1 tbsp.
Avocado	¼
Coconut, grated	3 tbsp.
Peanut Butter	2 tbsp.
Chocolate	1 oz.
Sausage	1 link
Crisp, bacon	2 strips
Cream	¼ c (light) 2 tbsp. (heavy)
Cream cheese	2 tbsp.
Sour cream	1 ½ tbsp.
French fries or potato chips	10
Salad dressings	2 tbsp.
Olives	10
Nuts	20 (almonds); 30 (peanuts); 12 (walnuts); 4 (whole pecans)

GROUP 8 (Vitamin A Foods)**1 exchange**

Vitamin A is known for its role in preventing infection. In pregnancy, when the pressure of the growing uterus on the bladder is constant, and after pregnancy when the bladder can be weakened by loose muscles, extra vitamin A helps protect you against bladder and kidney functions. During breastfeeding, it helps keep you free from breast infections.

<u>Group 8 Foods</u>	<u>Portion Size</u>
Apricots, fresh	3
Cantaloupe	½
Carrots, cooked	½ cup
Nectarines	3
Peaches, dried	4 halves
Pumpkin, canned	½ cup
Sweet potato or yam	1
Sour cherries, canned	½ cup
Winter squash, cooked	½ cup

GROUP 9 (Liver – Optional Weekly)**1 exchange**

Liver is a powerhouse of nutrition, however today there are serious concerns about consuming these detoxification organs since animals are pumped with hormones and antibiotics and have other additives in their diets. Liver is not an essential part of the diet, so you do not have to add it to your weekly intake; however, if you choose not to have one portion of liver per week, you need to add an additional 4 oz. of protein each week.

GROUP 10 (Salt)**Unlimited**

SALT YOUR FOOD TO TASTE!!!! Cutting back on salt can cause a fall in the amount of blood circulating through your placenta, thus reducing the supply of nutrients passing to your baby. Too little salt in the diet leads to leg cramps as well, since all the muscles of your body require sodium for efficient functioning. Salt in your diet is an essential part of expanding and maintaining your extra blood volume throughout pregnancy and it actually helps to prevent high blood pressure, pre-eclampsia and toxemia.

*We recommend using Sea Salt, which can be purchased from any health food store.

GROUP 11 (Water, preferably distilled)**Unlimited**

A minimum of eight – 8 ounce glasses of water per day is recommended. Inadequate water intake can affect the amount of amniotic fluid you have, which can cause birth defects and problems with the cord. It can also predispose you to infections, especially urinary tract and bladder infections, which can be very serious in pregnancy causing premature labor and delivery along with other post-partum problems. We encourage you to drink all your required water before drinking any other form of beverage. Do not substitute juices or teas in place of your water requirements.

If you are still hungry after meeting all dietary exchanges in the above groups, you may snack on an unlimited amount of fresh, raw fruits and vegetables. Just be mindful of true hunger verses nervous eating. And only eat when your body tells you it needs more.

Other Daily Supplements Needed:

- Prenatal Vitamin with folic acid (we recommend Nature's Sunshine brand)
- Calcium Magnesium (we recommend Nature's Sunshine brand)
- Pregnancy Tea (follow directions for appropriate trimester)
- Nursing Tea (if you are nursing)
- Brewers Yeast – 1 tbsp. (300 mcg. Folic, .4 mg zinc, 3 g. protein, 1.4 mg iron, B vit.)
- Black Strap Molasses – 1 tbsp. (3.2 mg. Iron)
- Wheat Germ – 1 tbsp. (B vitamins, .5 mg. Iron, 2 g. protein, 3 mg. Zinc, 4 i.u. vit. E)

HARMFUL FOODS TO AVOID:

- Refined foods
- Processed foods
- Fat free foods or foods/drinks that contain artificial sweeteners

MORE HARMFUL FOODS:

- Carbonated drinks and coffee (may be used as a snack on RARE occasions)
- Chocolate (except for rare occasions when using it as a group 7 choice)
- Stimulants or depressants
- All drugs and medications (please contact us before taking anything)
- Any illegal substance as well as tobacco

FOODS HIGH IN IRON: (Highest source of iron foods listed first)

- Clams (canned, drained) * Pumpkin seeds (dried) * Dates (dried)
- Tofu (firm raw) * Oysters (simmered Eastern) * Sesame seeds
- Wheat germ * Black Strap Molasses * Sunflower Seeds * Soybeans
- Chili and beans * Pistachio nuts * Pork and beans (can * Cashews
- Spirulina (dried) * Pinenuts * White beans (cooked) * Lentils (cooked)
- Spinach (cooked) * Apricots * Dried Thyme * Dried Peaches
- Whole Almonds * Kidney beans * Brazil nuts * Garbanzo beans
- Whole Wheat Flour * Lima beans * Refried beans * Pinto beans
- Black-eyed peas * Dried figs * Filberts * Raisins * Winter squash
- Eggs (2) * Lean Ground beef * Red Raspberry leaf

Most items are to be served in one-cup portions, except for dried fruits where the serving portion is 5 pieces.
(Molasses is 2 tablespoons)