

THE SULLIVAN DIET FOR PREGNANCY

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Your diet is the single most important aspect of your life when you are pregnant.

Eating right during pregnancy can:

- decrease the risk of gestational diabetes
- decrease the risk of needing a cesarean section delivery
- decrease the risk of preterm delivery
- decrease the risk of postpartum depression
- decrease the risk of pre-eclampsia
- and increase the chance of having a healthy and happy baby!

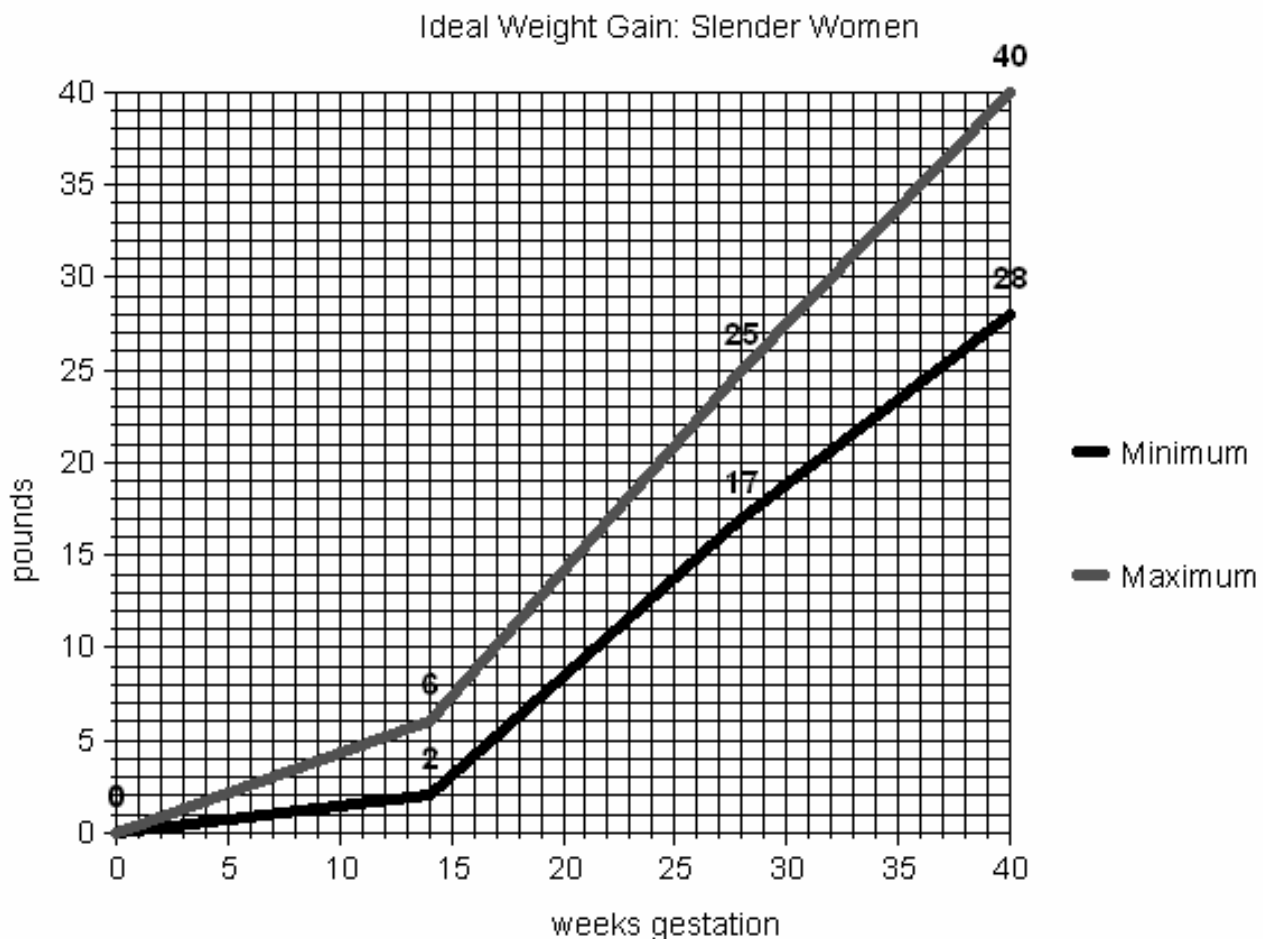
Dr. Sullivan formulated this Pregnancy Diet to enrich your experience and maximize your chance of having an uneventful pregnancy, a successful delivery, and a healthy and happy baby. This diet should serve as a guide. ***Your personal weight gain will best determine a safe diet plan for you and your baby.*** Careful recording of your weight gain on the provided graph will maximize the usefulness and safety of this diet.

How much weight should I gain in pregnancy?

How much weight you should gain during your pregnancy *depends on your body size*. Women who are below their ideal weights (slender) at the time of conception need to gain more during pregnancy than women who are over-weight (full-bodied). Refer to the following graph to determine if you are below, above, or at your ideal weight.

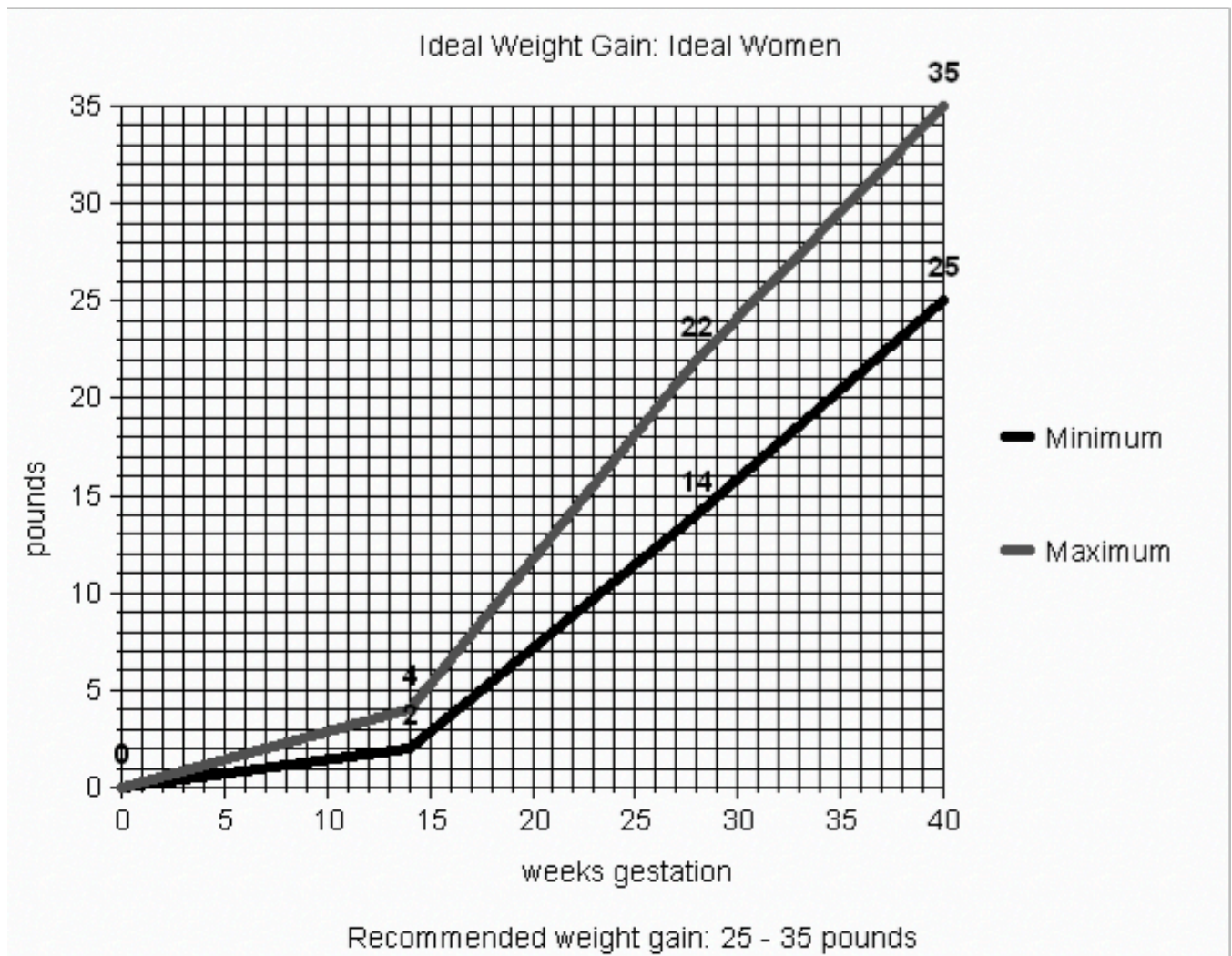
Ideal Weights for Reproductive Aged Women			
Height	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Slender women should gain between 28 and 40 pounds during pregnancy. During the first trimester weight gain should be about 1/2 pound per week. Beginning in the second trimester a weight gain of approximately 1 pound per week is ideal. Short women (less than 5'2" in height) should strive to stay in the lower weight gain range. Use the following graph to chart your weight throughout your pregnancy and review it with your doctor at each prenatal visit. Together you can adjust your diet to keep you in the ideal weight gain range. Slender women should gain between 28 and 40 pounds during pregnancy. During the first trimester weight gain should be about 1/2 pound per week. Beginning in the second trimester a weight gain of approximately 1 pound per week is ideal. Short women (less than 5'2" in height) should strive to stay in the lower weight gain range. Use the following graph to chart your weight throughout your pregnancy and review it with your doctor at each prenatal visit. Together you can adjust your diet to keep you in the ideal weight gain range.

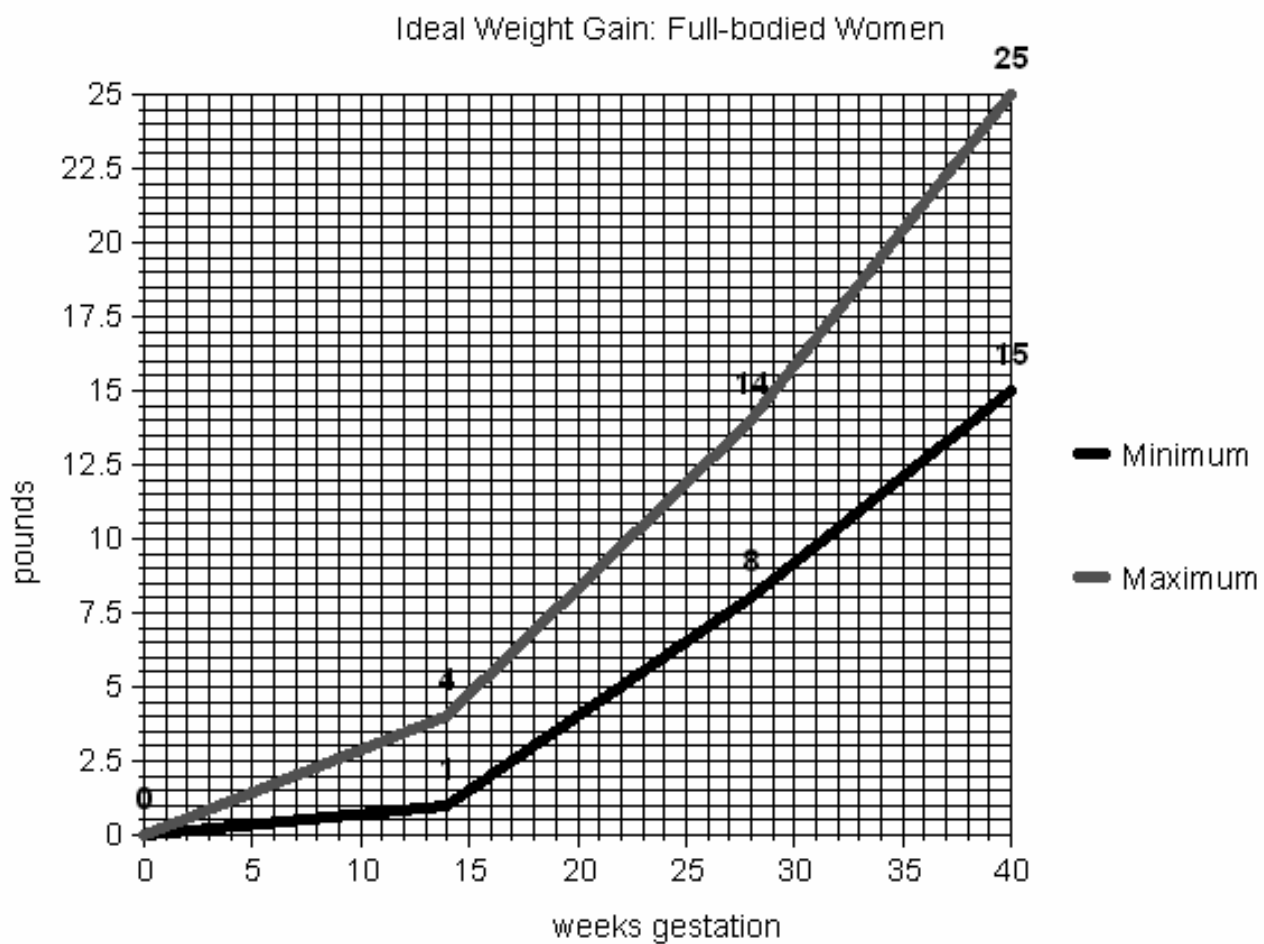


Recommended weight gain: 28 - 40 pounds

Women who are within the ideal weight range should gain between 25 and 35 pounds during pregnancy. During the first trimester weight gain should be modest. Beginning in the second trimester a weight gain of approximately 1 pound per week is ideal. Short women (less than 5'2" in height) should strive to stay in the lower weight gain range. Use the following graph to chart your weight throughout your pregnancy and review it with your doctor at each prenatal visit. Together you can adjust your diet to keep you in the ideal weight gain range.



Full bodied women should gain between 15 and 25 pounds during pregnancy. During the first trimester weight gain should be very modest. Beginning in the second trimester a weight gain of approximately 1/2 pound per week is ideal. Short women (less than 5'2" in height) should strive to stay in the lower weight gain range. Very large women should also restrict their entire weight gain to 15 pounds. Use the following graph to chart your weight throughout your pregnancy and review it with your doctor at each prenatal visit. Together you can adjust your diet to keep you in the ideal weight gain range.



Recommended weight gain: 15 - 25 pounds

Although you will be “eating for two” while you are pregnant, ***you are not eating for two adults***. You should ***only eat an extra 300 calories or so each day*** to satisfy both of your nutritional needs. It is very important that your diet is personalized to your body type and dietary requirements. Although it is never acceptable to diet for weight loss during pregnancy, some overweight women may benefit from decreasing their daily caloric intake during pregnancy. Studies demonstrated that full-bodied women who gained less than 15 pounds during their pregnancies had a lower risk of cesarean section delivery, macrosomia, and pre-eclampsia. They also had healthier babies overall.

Getting pregnant should never be a green light to eat anything you want. The hunger associated with pregnancy is very strong and if you are not careful you can readily gain an excessive amount of weight. ***This extra weight can seriously complicate your pregnancy.***

Low carbohydrate diets, such as the South Beach Diet and the Atkins Diet, work very well for weight loss but have no place in pregnancy. A well balanced diet is essential for proper fetal development and it is important that you ***don't eat too much of any one thing.***

These are the general dietary recommendations for all pregnancies:

- The United States Recommended Daily Allowance for calcium in pregnant and breast feeding women is 1000 milligrams per day. Pregnant women, who are younger than 18, should consume 1300 milligrams per day.
- Excellent dietary sources of calcium include dairy products (milk, cheese, yogurt, cream soups, and pudding), green vegetables (broccoli, spinach, and greens), seafood, dried peas, tofu and beans.
- Cautious exposure to the sun and eating fortified milk, eggs, and fish should provide adequate amounts of vitamin D.
- The cheapest and easiest way to supplement your diet with calcium, if this is recommended to you by your doctor, is by eating two Tums TM each day.
- The United States Recommended Daily Allowance for iron in pregnant and breast feeding women is 15 milligrams.
- The U.S. RDA for iron is 27 mg per day for pregnant women and 15 mg for breastfeeding women.
- Excellent dietary sources of iron include TotalTM cereal, liver, grain products, meat, poultry, fish, and leafy green vegetables.
- Other sources of iron in the diet include rice, pasta, peanuts, pine nuts, pumpkin, berries, dried fruits, raisins, apricots, grapes, prunes, plums, oranges, grapefruit, watermelon, turnip and collard greens, spinach, black- eyed peas, broccoli, Brussels sprouts, lima beans, soybeans, and sweet potatoes.
- If you begin craving paint chips, chalk, dirt, clay, ashes, laundry starch, corn starch, or ice tell your doctor. This may be a sign of anemia. Do not eat any of these as they may be associated with worsening anemia.

- Eat a variety of foods and do not eat too much of any one thing. Eat sweets very sparingly.
- Take a prenatal vitamin recommended by your obstetrician.
- The recommended allowance for vitamin C in pregnancy is 70 milligrams. Eat at least one food type rich in vitamin C every day, including mustard greens, Brussels sprouts, tomatoes, green peppers, grapefruits, oranges, strawberries, papaya, honeydew, cauliflower, and broccoli.
- Eat at least one food type rich in folic acid every day, including black beans, lima beans, black-eyed peas, chickpeas, veal, and dark green leafy vegetables.
- Eat at least one food type rich in vitamin A every other day including, spinach, water squash, pumpkins, carrots, sweet potatoes, turnip greens, apricots, and cantaloupe.
- Women who are pregnant with twins should gain 35 to 45 pounds or 1 1/2 pounds per week in the second and third trimesters.

The baby only accounts for about 1/3 of the weight that you gain. Excessive weight gain during pregnancy will make it much more difficult to return to your pre-pregnant weight after delivery.

Weight distribution in normal pregnancy:

Baby	8 pounds
Amniotic fluid	2-3 pounds
Breast tissue	2-3 pounds
Placenta	2-3 pounds
Blood supply	4 pounds
Fat stores for delivery and breastfeeding	5-9 pounds
Uterus increase	2-5 pounds
Total	25 to 35 pounds

If you gain too much weight and you are above the maximum weight gain curve on your personal chart, do not try to lose weight. It is never a good idea to lose weight while you are expecting. What you should do is slow down your weight gain in an attempt to return to your ideal weight gain limits over time. To do this you can avoid fried foods, avoid whole milk, avoid sauces and mayonnaise, eliminate sweet drinks and sweet snacks, and stop adding salt to your food. You can also increase your activity by walking or swimming.

Macrosomia is the medical term for **BIG BABY**. Any baby that weighs more than 8 pounds and 14 ounces at term is considered to have macrosomia. Macrosomia increases the risk of cesarean section delivery. It also increases the risk of shoulder dystocia, where the baby's head delivers but the shoulders get stuck. This is a dangerous situation that can result in significant birth trauma, including cerebral palsy, brachial plexus injuries, and death.

Macrosomia can be caused by gestational diabetes, excessive caloric intake during pregnancy, or excessive carbohydrate intake during the pregnancy. High blood glucose levels are associated with an increased risk of macrosomia. Some foods are digested more quickly than others and therefore promote higher blood glucose levels. I call these foods "bad carbohydrates". These foods are: bagels, bananas, candy, cantaloupe, cornflakes, croissants, doughnuts, Fruit loops, ice cream, pineapple, popcorn, rice cakes, Rice Krispies, soda, sugar, sweetened energy drinks, sweetened sports drinks, watermelon, white bread, white potatoes, and white rice.

Foods that are digested slower, and therefore promote more even blood glucose levels, are less likely to cause macrosomia. I call these foods "**good carbohydrates**".

These foods are:

apples, **avocados**, barley, **basmati rice**, beans, **bran cereals**, broccoli, **buckwheat**, cherries, **dark chocolate**, grapefruit, **grapes**, lentils, **milk**, nuts, **oats**, olives, **oranges**, peaches, **pears**, peas, **plums**, salad greens, **seeds**, soy drinks, **sweet corn**, sweet potatoes, **whole grain breads**, whole grain pasta, **yams**

THE SULLIVAN DIET FOR PREGNANCY from conception to 14 weeks

During the first trimester all of the organ systems of the baby are rapidly developing. The caloric needs of the baby are not high but a diet rich in omega-3 fatty acids is essential for proper brain development. You should strive to eat foods that are rich in omega-3 fatty acids including fish, nuts (especially walnuts), soybeans, flaxseed, and eggs. Many baked goods have flaxseed in their ingredients. Modest amounts of flaxseed (2-4 tablespoons per day) are safe in the first and second trimester. Flaxseed supplementation should be avoided in the third trimester since it can theoretically be associated with preterm labor. Flaxseed oil should not be ingested during pregnancy.

Excessive food intake during the first trimester will affect the mother's weight more than the baby's weight. It is recommended that the expectant mother eat no more than 1800 calories each day during the first trimester, 20 % protein, 35% fat, and 45% carbohydrate, unless otherwise directed by your obstetrician. If the mother is significantly over weight she should delete 3 bread units per day from the following diet.

FIRST TRIMESTER DIET (consult Food Units with Calorie Counts for substitution options)

Breakfast:

- 1 fruit unit
 - 2 bread units (1 if overweight)
 - 1 fat unit
 - 1 dairy unit
 - coffee or tea (no more than 8 ounces of coffee per day or 22 ounces of tea, no milk or sugar added)
-

Lunch:

- 3 lo-cal protein units
 - 2 lo-carb vegetable units 1 hi-carb vegetable unit
 - 1 fruit unit
 - 2 bread units (1 if overweight)
 - 1 fat unit
 - 1 dairy unit
-

Dinner:

- 4 mid-cal protein units OR
 - 1 local protein unit
 - 2 mid-cal protein units
 - 1 hi-cal protein unit
 - 3 lo-carb vegetables
 - 1 fruit unit
 - 2 bread units (1 if overweight) 1 fat unit
 - 1 drink with no calories (i.e. water, coffee or tea without milk or sugar, non- sweetened flavored water)
-

Snack One:

- 1 bread unit
 - 1 fat unit
- Snack Two: 1 fat unit

THE SULLIVAN DIET FOR PREGNANCY from 15 to 28 weeks

It is recommended that the expectant mother eat 2000 calories each day during the second trimester, 25 % protein, 20% fat, and 55% carbohydrate, unless otherwise directed by your obstetrician. If the mother is significantly over weight she should remain on the 1800 calorie diet described in the previous chapter.

SECOND TRIMESTER DIET (consult Food Units with Calorie Counts for substitution options)

Breakfast:

- 1 fruit unit
 - 2 bread units
 - 2 fat unit
 - 2 hi-cal protein units
 - 1 dairy unit
 - coffee or tea (no more than 8 ounces of coffee per day or 22 ounces of tea, no milk or sugar added)
-

Lunch:

- 3 mid-cal protein units OR
 - 1 lo-cal protein unit
 - 1 mid-cal protein unit
 - 1 hi-cal protein unit
 - 1 lo-carb vegetable units 1 hi-carb vegetable unit
 - 1 fruit unit
 - 3 bread units
 - 2 fat units
-

Dinner:

- 3 mid-cal protein units OR
 - 1 lo-cal protein unit
 - 1 mid-cal protein units
 - 1 hi-cal protein unit
 - 1 lo-carb vegetables
 - 1 hi-carb vegetables
 - 1 fruit unit
 - 3 bread units
 - 2 fat units
 - 1 drink with no calories (i.e. water, coffee or tea without milk or sugar, non- sweetened flavored water)
-

Snack One:

- 1 dairy unit
 - 1 bread unit
- Snack Two: 1 bread unit

THE SULLIVAN DIET FOR PREGNANCY from 29 to 42 weeks

It is recommended that the expectant mother eat 2200 calories each day during the last trimester, 25 % protein, 20% fat, and 55% carbohydrate, unless otherwise directed by your obstetrician. If the mother is significantly over weight she should remain on the 2000 calorie diet described in the previous chapter.

THIRD TRIMESTER DIET (consult Food Units with Calorie Counts chapter for substitution options)

Breakfast:

- 1 fruit unit
 - 3 bread units
 - 2 fat units
 - 2 hi-cal protein units
 - coffee or tea (no more than 8 ounces of coffee per day or 22 ounces of tea, no milk or sugar added)
-

Lunch:

- 3 mid-cal protein units OR
 - 1 lo-cal protein units
 - 1 mid-cal protein unit
 - 1 hi-cal protein unit
 - 1 lo-carb vegetable units 1 hi-carb vegetable unit
 - 1 fruit unit
 - 3 bread units
 - 3 fat units
 - 1 dairy unit
-

Dinner:

- 4 mid-cal protein units OR
 - 1 lo-cal protein unit
 - 1 mid-cal protein unit 2 hi-cal protein units
 - 1 lo-carb vegetables
 - 1 hi-carb vegetables
 - 2 fruit unit
 - 3 bread units
 - 2 fat units
 - 1 drink with no calories (i.e. water, coffee or tea without milk or sugar, non- sweetened flavored water)
-

Snack One:

- 1 dairy unit
 - 1 bread unit
- Snack Two: 1 bread unit

Food units with calorie counts

Fruit Units:

- 1 small **apple** (2" diameter) [55 calories]
- 1/3 cup **apple juice/cider** [40 calories]
- 1/2 cup unsweetened **applesauce**
- 2 medium **apricots** [50 calories]
- 4 dried **apricots** [50 calories]
- 1/2 medium sized **Asian pear** [45 calories]
- 1/2 ounce **avocado** [25 calories]
- 2 tablespoons mashed **avocado** [50 calories]
- 1/2 small **banana** [45 calories]
- 1/3 large **banana** [45 calories]
- 1/2 cup **blackberries** [40 calories]
- 1/2 cup **blueberries** [40 calories]
- 1/4 cup **breadfruit** [55 calories]
- 1 **cactus pear** [40 calories]
- 1 medium **carambola (starfruit)** [30 calories]
- 1/6 cup **cassava** [55 calories]
- 1/2 cup **cherimoya** [55 calories]
- 10 large **cherries** [36 calories]
- 1/4 small **cantaloupe** (6" diameter) [40 calories]
- 1 cup **cantaloupe balls** [55 calories]
- 1 medium **Clementine** [35 calories]
- 1/8 cup shredded **coconut** [35 calories]
- 1/2 cup sliced **crabapples** [40 calories]
- 1/2 cup **cranberries** [50 calories]
- 1/2 cup raw **currants** [35 calories]
- 2 **dates** [60 calories]
- 1/2 cup **elderberries** [55 calories]
- 1 medium **feijoa (pineapple guava)** [30 calories]
- 1 fresh **fig** [40 calories]
- 1 dried **fig** [30 calories]
- 1/2 cup **gooseberries** [35 calories]
- 12 large **grapes** (1/2 cup) [55 calories]
- 1/4 cup **grape juice** [55 calories]
- 1/2 **grapefruit** [55 calories]
- 1/2 cup **grapefruit juice** [55 calories]
- 2/3 **guava** [60 calories]
- 1/8 medium **honeydew** [40 calories]
- 1 **honey murcot** [45 calories]
- 1 medium **kiwi** fruit [45 calories]
- 4 **kumquats** [52 calories]
- 2 medium **lemons** [50 calories]
- 2 medium **limes** [40 calories]
- 1/2 cup **loganberries** [40 calories]
- 5 **loquats** [40 calories]
- 5 **lychees** [40 calories]
- 1 medium **mandarin** [45 calories]
- 1/2 small **mango** [45 calories]
- 40 **mulberries** [30 calories]
- 1 medium **nectarine** [50 calories]
- 8 large **green olives** [42 calories]
- 8 ripe **Greek olives** [56 calories]
- 1 small **orange** [45 calories]
- 1/2 cup **orange juice** [45 calories]
- 3/4 cup **papaya** (or 1/3 papaya) [30 calories]
- 1 medium **passion fruit** [35 calories]
- 1 medium **peach** [45 calories]
- 1 small **pear** [75 calories]
- 1 native **persimmon** [35 calories]
- 1/2 medium **Japanese persimmon** [60 calories]
- 1 inch slice **pineapple** [50 calories]
- 1/4 cup **plantains** [45 calories]
- 1 medium **plum** [45 calories]
- 1/2 cup **diced pineapple** [40 calories]
- 1/3 cup **pineapple juice** [45 calories]
- 1 medium **plum** [45 calories]
- 1/2 medium **pomegranate** [50 calories]
- 1 medium **prickly pear** [40 calories]
- 2 medium **prunes** [32 calories]
- 1/4 cup **prune juice** [40 calories]
- 1 medium **quince** [55 calories]
- 1 tablespoons of **raisins** [40 calories]
- 1/2 cup **raspberries** [30 calories]
- 3/4 cup **strawberries** [40 calories]
- 2 medium **tamarillos** [40 calories]
- 10 **tamarinds** [50 calories]
- 1 small **tangelo** [55 calories]
- medium **tangerine** [50 calories]
- 1 large **tomato** [40 calories]
- 2 cups **cherry tomatoes** [50 calories]
- 1 cup **chopped tomatoes** [35 calories]
- 2 slices of **tomato** [10 calories]
- 1 cup **watermelon** [45 calories]
- 1 slice **watermelon** (1/2 circle, 1" thick) [60 calories]

Dairy Units:

- 1 cup **Skim milk** (8 ounces) [90 calories]
- 1 cup **powdered skim milk** [80 calories]
- 1 tablespoon **canned condensed milk** [65 calories]
- 1/4 cup **whole evaporated milk** [90 calories]
- 3/4 cup **reduced-fat buttermilk** [90 calories]
- 1 cup **plain, fat-free yogurt** [125 calories]
- 1/2 cup **fat-free fruit yogurt** [105 calories]
- 1 cup **whole milk** (= 1 dairy unit + 1 fat unit) [150 calories]
- 1/4 cup **whole goat's milk** [70 calories]

Lo-cal Protein Units:

- 1 ounce **beef** (lean chuck steak [80 calories]
- lean **T-bone steak** [66 calories]
- **chipped beef** [75 calories]
- **lean round** [50 calories]
- **broiled flank** [50 calories]
- 1 ounce **chicken** [40 calories] (baked, or boiled, without skin, white or dark meat)
- 2 **egg whites** (no yolk) [32 calories]
- 1 ounce **tuna** (water packed, light canned – not albacore or white) [40 calories]
- 10 medium **shrimp** (no breading) [60 calories]
- 1 ounce **turkey** (baked, or boiled, without skin, white or dark meat) [40 calories]
- 1/3 cup **cottage cheese** [80 calories]
- 1 ounce **fish** (Pollack, cod, flounder, sole, perch, trout, halibut, haddock, whiting, or snapper – baked, broiled, or boiled [not fried]) [35 calories]
- 3 ounces **clams** (including shell weight) [65 calories]
- 1.5 ounces steamed **lobster** [35 calories]
- 1.5 ounces **crab meat** [40 calories]

Mid-cal Protein Units:

- 1 ounce **beef** (prime rib or choice cut, well cooked, drained, and trimmed of fat) [80 calories]
- 1 ounce **lamb** (prime rib or choice cut, well cooked, drained, and trimmed of fat) [75 calories]
- 1 ounce **pork** (prime rib or choice cut, well cooked, drained, and trimmed of fat) [65 calories]
- 1 ounce **veal** (prime rib or choice cut, well cooked, drained, and trimmed of fat) [50 calories]
- 1 ounce **canned salmon** [40 calories]
- 1 ounce **mackerel** (baked, broiled, or boiled) [55 calories]
- 1 whole **egg** [70 calories]
- 1 ounce **cheese** (hard, domestic, low fat) [115 calories]
- 1.5 ounces **creamed herring** [75 calories]
- 1/2 cup **soybeans** [150 calories]

Hi-cal Protein Units:

- 1.5 ounce **breaded shrimp** [105 calories]
- 1 ounce **Polish sausage** [100 calories]
- 1 ounce **cheese** (hard, domestic) (= 1 hi-cal protein unit + 1 fat unit) [115 calories]
- 2 slices of **salami** [100 calories]
- 1.5 ounces of **fried chicken** (with skin) (= 1 hi-cal protein unit + 1 fat unit) [120 calories]
- 2 ounces **cream cheese** [180 calories]
- 2 **egg yolks** [126 calories]
- 1 **scrambled egg** (with milk and margarine) [130 calories]
- 1 **fried egg** [105 calories]
- 1/2 cup **beans** (lima, kidney, navy, pinto, garbanzo, white, red, or baked) [105 calories]
- 1/2 cup **black-eyed peas** [100 calories]
- 1/2 **hot dog** (heated to steaming, with bun, ketchup, and relish) [130 calories]
- 1 tablespoon of **peanut butter** [105 calories]
- 2 **pork sausage links** (= 1 hi-cal protein unit + 2 fat units) [170 calories]
- 1 **sausage patty** (= 1 hi-cal protein unit + 2 fat units) [120 calories]
- 1.5 ounces **fried fish** (= 1 hi-cal protein unit + 1 fat unit) [120 calories]

Lo-carb Vegetable Units: 1 cup raw or 1/2 cup cooked of:

- **Asparagus** [20 calories]
- **Broccoli** [30 calories]
- **Brussels sprouts** [30 calories]
- **Cabbage** [15 calories]
- **Cauliflower** [25 calories]
- **Chicory** [7 calories]
- **Cucumbers** [10 calories]
- **Eggplant** [20 calories]
- **Beet greens** [20 calories]
- **Chard** [20 calories]
- **Collard greens** [25 calories]
- **Dandelion greens** [10 calories]
- **Green beans** [20 calories]
- **Kale** [35 calories]
- **Lettuce** [7 calories]
- **Mustard greens** [14 calories]
- **Turnip greens** [15 calories]
- **Mushrooms** [20 calories]
- **Yellow squash** [35 calories]
- **Peppers** [40 calories]
- **Radishes** [20 calories]
- **Sauerkraut** [15 calories]
- **Spinach** [20 calories]
- **String beans** [20 calories]
- **Summer squash** [35 calories]
- **Tomatoes** [35 calories]
- **Tomato juice** (8 fluid ounces) [40 calories]
- **V-8 juice** (8 fluid ounces) [50 calories]

Hi-carb Vegetable Units: 1 cup if raw or 1/2 cup if cooked

- **Beets** [17 calories]
- **Carrots** [50 calories]
- **Onions** [35 calories]
- **Onion soup** (1 cup) [90 calories]
- **Peas** [60 calories]
- **Pumpkin** [30 calories]
- **Rutabagas** [30 calories]
- **Turnips** [15 calories]

Bread Units:

Preferred (higher fiber):

- 1/2 cup **brown rice** [80 calories]
- 1 **small potato** [130 calories]
- 2 ounces **frozen French fries** [baked] (= 1 bread unit + 1 fat unit) [85 calories]
- 3 ounces **frozen hash browns** [baked] [100 calories]
- 2 ounces **frozen tator tots** [baked] (= 1 bread unit + 1 fat unit) [130 calories]
- 2 1/2 ounces **frozen onion rings** [baked] (= 1 bread unit + 1 fat unit) [160 calories]
- 1/3 cup **instant mashed potatoes**
- 1/2 cup of **scalloped potatoes** [115 calories]
- 1/4 cup prepared **rice mix** (beef or chicken) [80 calories]
- 1/2 cup **packaged stuffing mix** (= 1 bread unit + 2 fat units) [180 calories]
- 1 small **corn on the cob** [60 calories]
- 1/2 **cup corn** [77 calories]
- 1/2 cup **All Bran** [80 calories]
- 1/2 cup **Shredded Wheat** (1 large biscuit, 18 spoon sized biscuits) [85 calories]
- 1/2 cup **Cereal:** Bran Chex, Wheaties, Grapenuts, Total, 40% Bran [80 calories]
- 1 cup **oil-popped popcorn** [55 calories]
- 1/2 **whole wheat bagel** [115 calories]
- 1 slice **whole wheat bread** [70 calories]
- 1 cup **cream of mushroom soup** (= 1 bread unit + 1 fat unit) [200 calories]
- 1 cup **cream of chicken soup** (= 1 bread unit + 1 fat unit) [160 calories]
- 1 cup **chicken gumbo soup** [160 calories]
- 1 cup **tomato soup** (= 1 bread unit + 1 fat unit) [180 calories]
- 1 cup **minestrone soup** [125 calories]
- 1 cup **vegetable soup** (= 1 bread unit + 1 fat unit) [160 calories]
- 1 cup **chicken noodle soup** [160 calories]
- 1 cup **beef noodle soup** [180 calories]
- 1 cup **turkey noodle soup** [160 calories]
- 1 cup **chicken rice soup** [160 calories]

Less desirable Bread Units (refined flour):

- 1 slice **white bread** [70 calories]
- 2 **bread sticks** (8" long, 1/2" diameter) [90 calories]
- 1/2 ounce **croutons** [70 calories]
- 1 slice **French bread** (3/8" thick) [50 calories]
- 4 pieces **Melba toast** (rectangle) [80 calories]
- 8 pieces **Melba toast** (round) [80 calories]
- 3 slices small round **party rye bread** [75 calories]
- 1/2 cup cooked **macaroni** [90 calories]
- 1/2 cup cooked **spaghetti** [90 calories]
- 5 **saltine crackers** [65 calories]
- 1 **Dutch pretzel** [55 calories]
- 5 **pretzels** (3-ringed) [100 calories]
- 3 Social **Tea Biscuits** [70 calories]
- 1/2 ounce **Ritz crackers** (= 1 bread unit + 1 fat unit) [80 calories]
- 1/2 ounce **Triscuits** [60 calories]
- 10 **Vegetable Thins** [75 calories]
- 9 Multi-grain **Wheat Thins** [65 calories]
- 2 **Zwieback** [70 calories]
- 1 cup **Corn Flakes**, Corn Chex, Rice Krispies, Cheerios [100 calories]
- 1/4 cup **white bread stuffing** [90 calories]
- 1/2 **hamburger or hot dog bun** [110 calories]
- 1 **small dinner roll** [90 calories]

Fat Units:

- 12 **almonds** [85 calories]
- 1 teaspoon **corn oil** [45 calories]
- 1 teaspoon **soy oil** [45 calories]
- 1 teaspoon **safflower oil** [45 calories]
- 2 tablespoons **diet salad dressing** [45 calories]
- 1 teaspoon **margarine** [35 calories]
- 1 teaspoon **butter** [35 calories]
- 10 large **peanuts** [55 calories]
- 20 small **peanuts** [55 calories]
- 1 tablespoon **non-diet salad dressing** (i.e. Ranch) [75 calories]
- 3 tablespoons **imitation bacon bits** [90 calories]
- 1 cup oyster stew
- 1/2 cup **clam chowder Manhattan** [60 calories]
- 1/2 cup **cream of mushroom soup** (= 1 bread unit + 1 fat unit) [70 calories]
- 1/2 cup **cream of chicken soup** (= 1 bread unit + 1 fat unit) [80 calories]
- 1/2 cup **tomato soup** (= 1 bread unit + 1 fat unit) [90 calories]
- 1/2 cup **vegetable soup** (= 1 bread unit + 1 fat unit) [100 calories]
- 1 ounce **American cheese** (= 1 hi-cal protein unit + 1 fat unit) [115 calories]
- 1 ounce **Monterey Jack cheese** (= 1 hi-cal protein unit + 1 fat unit) [110 calories]
- 1 ounce **Swiss cheese** (= 1 hi-cal protein unit + 1 fat unit) [110 calories]
- 1 ounce **Mozzarella cheese** (= 1 hi-cal protein unit + 1 fat unit) [85 calories]
- 1 ounce **Gouda cheese** (= 1 hi-cal protein unit + 1 fat unit) [100 calories]
- 1 ounce **Colby cheese** (= 1 hi-cal protein unit + 1 fat unit) [110 calories]
- 2 tablespoons **dry coffee creamer** [40 calories]

All calorie calculations based on product information and the American Diabetic Association recommendations. These numbers are approximate and dependent upon actual serving size. For a more complete list of foods and calories consult one of the above references. These diets are provided as guides only and adjustments may be necessary based on your personal weight gain and discussions with your obstetrician.

Alcohol and pregnancy

Dr. Sullivan's recommendation: "I strongly recommend that you avoid all alcohol during the entire pregnancy."

Discussion: Contrary to what some people say, including a few doctors, there is no safe amount of alcohol during pregnancy. It is unknown how much alcohol must be ingested or how often alcohol must be ingested to cause fetal alcohol syndrome. Using alcoholic drinks to treat preterm labor is not recommended. Alcohol should not be ingested while breast feeding either, since it does cross into the breast milk. Occasionally a woman will find out that she is pregnant after drinking alcohol to excess. This usually does not pose a threat to the fetus as long as the alcohol consumption is not continued through the remainder of the pregnancy.

Artificial sweeteners and pregnancy

Dr. Sullivan's recommendation: "Saccharin should not be used during pregnancy since it has been shown to cross the placenta and can potentially harm the fetus. Aspartame based sweeteners such as Equal® or Nutra Sweet® are FDA approved for use in pregnancy. Sweeteners containing acesulfame-K (Sunett®) and sucralose (Splenda®) are also considered to be safe for use by pregnant women. Personally, I encourage my patients to minimize any artificial sweetener use while expecting and I'd prefer that they wouldn't be used at all."

Discussion: Although there is no scientific evidence that the FDA approved artificial sweeteners cause harm to a fetus, no one can ever guarantee the safety of any synthetic chemical use in pregnancy. To be safe, a small amount of brown sugar or honey to sweeten food would be preferable to any synthetic chemical.

Caffeine and pregnancy

Dr. Sullivan's recommendation: "Caffeine is a potent central nervous system stimulant. I don't like the idea of exposing a baby to caffeine while its entire nervous system is developing. I would prefer that my patients avoid caffeine completely, especially during the first trimester (1 to 12 weeks). If you absolutely must have caffeine, you should drink no more than 150 milligrams a day (8 ounces of coffee or 22 ounces of tea). More than this may increase your risk of miscarriage or other unknown harm to the fetus."

Discussion: For years doctors have been telling their patients that moderate amounts of caffeine probably pose no threat to a developing fetus. However, in February, 2008, a group of epidemiologists from the Research Division of Kaiser Permanente published a study in the American Journal of Obstetrics and Gynecology claiming that the consumption of 200 milligrams or more of caffeine a day may double the risk of miscarriage. This amount is the equivalent of 12 ounces of coffee or 30 ounces of tea. Despite these findings, the American College of Obstetricians and Gynecologists maintains its original position that "Although some studies suggest drinking three or more cups of coffee per day may increase the risk of miscarriage, there is no proof that caffeine causes miscarriage." The March of Dimes, on the other hand, revised its recommendations based on the Kaiser Permanente findings, decreasing the maximum daily intake of caffeine from 16 ounces of coffee (250 milligrams of caffeine) to 12 ounces of coffee (200 milligrams of caffeine).

Deli meat and pregnancy

Dr. Sullivan's recommendations: "Avoid refrigerated deli meats in pregnancy since they have the potential of causing listeriosis. This includes uncooked hot dogs. Only eat meat that has been reheated until it is steaming."

Discussion: Like soft cheese, deli meats have been associated with listeria contamination. Listeria infections can cause miscarriage, preterm birth, stillbirth, and serious fetal illness. The symptoms of a listeria infection usually occur several weeks after eating the infected food and include fever, chills, muscle aches, and back pain. Not all listeria infections cause symptoms, however.

Cheese and pregnancy

Dr. Sullivan's recommendation: "Most cheeses are completely safe in pregnancy, including hard cheese, American cheese, cottage cheese, cream cheese, processed cheese, and yogurt. Do not eat Feta Cheese, Brie, Camembert, Roquefort, Chihuahua Cheese, Mexican Cheese, Mexican Cheese dip, Queso Blanco, Queso Fresco, Panela, Gorgonzola, or blue-veined cheese. All of these cheeses may be made from unpasteurized milk and can potentially cause listeriosis."

Discussion: Many imported soft cheeses are made from milk that has not been pasteurized. These cheeses may be contaminated with listeria, a bacterium that is known to cause miscarriage, preterm birth, stillbirth, and serious fetal illness. The symptoms of a listeria infection usually occur several weeks after eating the infected food and include fever, chills, muscle aches, and back pain. Not all listeria infections cause symptoms, however.

Fish and pregnancy

Dr. Sullivan's recommendation: "You can safely eat 6 ounces of shrimp, Pollack, salmon, catfish, or canned light tuna once or twice a week. The mercury content in these types of fish is relatively low. Wild salmon is preferable to farm-raised salmon. You should not eat more than 6 ounces of albacore tuna (a.k.a. white tuna) a week since the mercury content is slightly higher in this species of fish. Do not eat any king mackerel, tilefish, swordfish, or shark during pregnancy since the mercury content of these is too high. Cooked crabs, oysters, and clams are also safe in pregnancy, but raw seafood of any type should be strictly avoided. Alternate the type of fish you eat each week, never eating too much of any one type. Don't eat lox or any other type of refrigerated smoked fish."

Discussion: When I was a kid, fish was known as "brain food". My parents made me eat fish at least once a week to increase my intelligence. I thought they were full of bologna. Turns out, they were right. A study published in the British medical journal, Lancet, in February, 2007 concluded that children born to mothers who ate a steady diet of fish during their pregnancies had a higher I.Q. than those born to mothers who ate no fish. Furthermore, the children of fish-eating mothers had superior motor skills, communication skills, and social skills than their fish-deprived counterparts. Apparently, fish is rich in omega-3 fatty acids, which in turn are essential for normal brain development. If you can't (or won't) eat fish, other foods that are rich in omega-3 fatty acids include nuts (especially walnuts), soybeans, flaxseed, and eggs.

The problem with fish is that some types accumulate high mercury levels which can be dangerous to a developing fetus (and to the mother as well). Mercury poisoning can result in developmental delays and brain damage. In an attempt to alert pregnant women to this danger the media created a panic, scaring many women away from seafood entirely. The FDA is adamant that the benefit of 12 ounces of low-mercury fish per week (two average servings) far outweighs the risk for the developing fetus. Low-mercury fish include shrimp, Pollack, salmon, catfish, canned light tuna, oysters, clams, lobster, and crabs. Moderate-mercury fish include albacore tuna (a.k.a. white tuna). High-mercury fish should be avoided entirely during pregnancy and include king mackerel, tilefish, swordfish, and shark.

A recent study in the journal, Science, reported a higher concentration of PCBs in farm-raised salmon compared to wild salmon. PCBs are known to cause birth defects. The FDA concluded that the levels of PCBs in farm-raised salmon are still too low to pose a threat to the developing fetus. The American College of Obstetricians and Gynecologists concurred with the FDA's conclusion. There is no evidence to suggest that eating farm-raised salmon causes birth defects.

Honey and pregnancy

Dr. Sullivan's recommendation: "Eating honey is safe in pregnancy."

Discussion: While it is dangerous to feed honey to a child younger than one year old, it is completely safe for a grown woman to eat honey while she is expecting. Honey can contain the botulinum spore which, if allowed to grow, can produce a toxin that causes a deadly form of food poisoning called botulism. Very young children do not have enough acid in their digestive tracts to kill this spore. If they ingest contaminated honey the spore can grow unimpeded in their guts and eventually kill them. Grown women who are pregnant, however, have plenty of acid in their digestive tracts. They are not vulnerable to honey-induced botulism.

Peanut butter and pregnancy

Dr. Sullivan's recommendation: "Peanut butter is perfectly safe in pregnancy if the mother is not allergic to peanuts. In fact, if you are having difficulty gaining weight I recommend spreading three tablespoonfuls of peanut butter onto crackers, toast, celery, apples, or bananas for a snack. This provides you with 300 calories and 21 grams of protein. Peanut butter and jelly sandwiches are also suggested for women whose weight gain is suboptimal." Discussion: Despite the prevailing myth, there is no increased risk of giving your baby a peanut allergy by eating peanut butter while you're pregnant.

THE SULLIVAN DIET GUIDE FOR ANEMIA

Dr. Sullivan's recommendation: "The easiest form of dietary iron for a person to absorb (heme) is found in meat, including beef, pork, chicken, fish, and eggs. Foods that are high in folic acid, such as dried beans, dark green leafy vegetables, and wheat germ can also help prevent anemia. Some sources claim that cooking food in cast iron pots increases the iron content by 80%! Take the prenatal vitamin recommended by your doctor and an iron supplement if necessary. Don't take an iron supplement with dairy products or calcium supplements because they will impair proper absorption." Discussion: Foods that are excellent sources of iron (3-12 milligrams) include 1 cup of fortified cereal, 6 clams, 6 oysters, or 1/2 cup of spinach. Really good sources of iron (2 milligrams) include 3 ounces of beef (steak, roast beef, or hamburger); 1/2 cup of kidney beans, Lima beans, or Navy beans; 1/2 cup of raisins; a baked potato with skin, and 1 cup of oatmeal. Adequate dietary sources of iron (1 milligram) include 5 dried apricots, 1 cup of raspberries or strawberries, 1 slice of whole wheat bread, 1/2 cup of Brussels sprouts (if you can choke them down), 1/2 cup of broccoli, 1/2 cup of peas, or 3 ounces of chicken. Mussels, sardines, turkey, and shrimp are also fairly good sources of iron.

THE SULLIVAN DIET GUIDE FOR CONSTIPATION

Dr. Sullivan's recommendation: "Cheese and bananas are very binding. Avoid them both if you experience constipation in pregnancy. Eat raisin bran every morning and drink 6 full glasses of water every day. Eat more fruits and vegetables. Use a bulk laxative such as Metamucil or Citrucel daily. Do not use senna containing laxatives. A stool softener such as Colace is acceptable but Peri Colace contains senna and should be avoided. Discontinue your prenatal vitamins for several days if the constipation persists." Discussion: The hormones of pregnancy are known to cause constipation. Most of the time the constipation associated with pregnancy can be corrected with diet and over-the-counter preparations. If you experience severe constipation or develop abdominal pain you should call us immediately.

THE SULLIVAN DIET GUIDE FOR LEG CRAMPS

Dr. Sullivan's recommendation: "Since leg pain can sometimes be a sign of deep vein thrombosis, you should tell your doctor if you are experiencing this symptom. Most of the time, however, leg cramps in pregnancy are just a nuisance. We think that leg cramps are caused by an excess of phosphorus or a shortage of calcium and potassium. Salmon, sardines, tofu, almonds, and green leafy vegetables are rich in calcium. Bananas, almonds, oranges, kiwi fruit, and potatoes are rich in potassium. Avoid foods that are high in phosphorus such as processed meats, snack foods, and soda. Take your prenatal vitamin every day. I have had some success with alleviating leg cramps by giving my patients 400 milligrams of magnesium oxide a day. Occasionally I add a calcium or potassium supplement to the prenatal vitamin. Do not use quinine in pregnancy." Discussion: Since milk and dairy products are rich in calcium many doctors recommend them to their patients who experience leg cramps in pregnancy. Unfortunately, dairy foods are also rich in phosphorus. I advise my patients NOT to increase their dairy product intake if they are suffering with leg cramps. Other foods that should be avoided include whole grain breads, chocolate, caramel, nuts, seeds, peas, lentils, peanut butter, and dried beans. Cola soft drinks should definitely be eliminated from the diet since these are very rich in phosphorus. It is recommended to substitute rice milk [low phosphorus: L.P.] for milk [high phosphorus: H.P.], cream cheese [L.P.] for hard cheese [H.P.], sherbet [L.P.] for ice cream [H.P.], white bread [L.P.] for whole grain bread [H.P.], popcorn [L.P.] for peanuts [H.P.], root beer [L.P.] for cola [H.P.], and asparagus, peppers, cucumbers, cabbage, carrots, lettuce, wax beans, green beans, summer squash, tomatoes, spinach, and onions [L.P.] for dried peas, beans, or lentils [H.P.].

THE SULLIVAN DIET GUIDE FOR MORNING SICKNESS

Dr. Sullivan's recommendation: "The basic rule of thumb for morning sickness is never let your stomach be completely empty or completely full. Keep a box of saltine crackers on your night stand and eat a few crackers before getting out of bed each morning. Eat a little bit often throughout the entire day, never eating a large meal all at once. Drink fluids a half hour before eating but try to avoid drinking fluids while eating. Avoid apple juice, orange juice, and lemonade. Have someone else do the cooking and avoid food odors that make you sick. Keep a box of saltine crackers nearby at all times and eat a few whenever a wave of nausea strikes. Avoid excessive heat and never lie down immediately after eating. Avoid spicy foods such as Mexican and Italian fare. Eating watermelon can sometimes alleviate morning sickness. Most pharmacies carry an acupressure wrist band that has proved effective in treating morning sickness in some cases. Taking a 500 milligram capsule of ginger each day has a 50% chance of alleviating the symptoms. Also, taking 10 milligrams of vitamin B-6 three times a day can significantly decrease nausea in pregnancy. If these supplements don't work, there is a medicine called Zofran that seems to be safe in pregnancy and works well for morning sickness. Ask your doctor about this."

Discussion: Nausea and vomiting are often the first symptoms of pregnancy and can start as early as 4 weeks into the pregnancy. Although it's called "morning sickness" it can happen at any time of the day. In most cases it resolves by the 12th week of pregnancy but I have seen cases that have persisted right up until the delivery. Over half of my pregnant patients experience morning sickness in some degree.

Morning sickness is counterintuitive in the sense that many women think that "something must be wrong" because they feel so bad. Just the opposite is true. Morning sickness is caused by the hormones of pregnancy. Since healthy pregnancies tend to produce more hormones, healthy pregnancies are more often associated with morning sickness.

*While morning sickness does not harm the baby, severe and intractable vomiting may be hyperemesis gravidarum, a serious condition that often requires hospitalization and I.V. hydration.

PRENATAL VITAMINS

Dr. Sullivan's recommendation: "In my opinion, the average American lifestyle is not conducive to healthy eating. To ensure that your developing baby gets all that it needs, I highly recommend taking a prenatal vitamin. Prenatal vitamins have become relatively uniform and your choice may depend on ease of administration (i.e. chewable or liquid versus capsules) or cost (generic versus brand name). Over-the-counter prenatal vitamins may have lower amounts of certain nutrients. I agree with the trend to include docosahexaenoic acid (DHA) in the newer preparations. DHA is an important omega-3 fatty acid that is essential for normal brain development."

Discussion: An adequate prenatal vitamin should contain at least 400 micrograms of folic acid, 300 milligrams of calcium, 400 IU of vitamin D, 70 micrograms of vitamin C, 20 micrograms of niacin, 17 milligrams of iron, 15 milligrams of zinc, 10 milligrams of vitamin E, 6 micrograms of vitamin B 12, 3 milligrams of thiamine, and 2 milligrams of riboflavin. Some brands include a stool softener (docusate sodium) to help alleviate the constipation associated with taking iron and calcium supplements. Some women can't take any prenatal vitamins because they occasionally cause nausea. In these cases two Flinstones Complete™ chewable vitamins provide 800 micrograms of folic acid, 200 milligrams of calcium, 800 IU of vitamin D, 120 milligrams of vitamin C, 30 milligrams of niacin, 36 milligrams of iron, 24 milligrams of zinc, 60 IU of vitamin E, 12 micrograms of B 12, 3 milligrams of thiamine, and 3.4 milligrams of riboflavin.

In order to decrease the risk of spina bifida, a condition in which the spine of the baby does not close properly during development resulting in nerve damage and lower extremity paralysis, you should start taking a prenatal vitamin that contains at least 400 micrograms of folic acid every day before you get pregnant. You should also eat foods that are rich in folic acid including fortified cereals, leafy green vegetables, beans, nuts, and citrus fruits.