

Prenatal Nutrition

JACQUELINE BADINE, RDN

Jacqueline Badine



**DENE WOMAN, SHE/HER
MOM, WIFE, DAUGHTER,
AUNTY, NIECE AND COUSIN
TO MANY**

Registered Dietitian Nutritionist
Indigenous Full Spectrum Doula
Indigenous Breastfeeding Counselor
Birth Assistant



On the Trail

KEY PRESENTATION POINTS

Overview of Nutrition in Pregnancy

Food Science

Food Safety in Pregnancy

Special Circumstances

Tips and Tricks

HISTORICAL VS CONTEMPORARY

Then and now,
changes to way of life,
family structures,
harvesting, eating
patterns, health
impacts



OPTIMAL NUTRITION



Where are we starting from



HAES

BMI – WEIGHT GAIN IN PREGNANCY

- <18.5 kg/m² (underweight) – 28 to 40 lbs.
- 18.5 to 24.9 kg/m² (normal weight) – 25 to 35 lbs.
- 25.0 to 29.9 kg/m² (overweight) – 15 to 25 lbs.
- ≥ 30.0 kg/m² (obese) – Weight gain 11 to 20 lbs.

Where does it all go



- Baby = 7.5 pounds
- Amniotic fluid = 2 pounds.
- Blood = 4 pounds
- Body fluids = 3 pounds
- Breasts = 2 pounds
- Fat, protein and other nutrients = 6 to 8 pounds
- Placenta = 1.5 pounds.
- Uterus = 2 pounds.



How are we fueling our bodies in Pregnancy



Food



Water



Prenatal vitamins

WATER SOLUBLE VITAMINS

B 1, 2, 3, 6, 12 – Thiamin, Riboflavin, Niacin, Pyridoxine, C, Folic Acid

Energy metabolism, heart, nervous system and Brain development, Bone and Blood cell growth, Neural tube health

FAT SOLUBLE VITAMINS

A, D, E, K

Eye, development, Immune support, Healthy Skin, Bone development, Blood cell strengthening, Clotting factors, Protein synthesis

OTHER NUTRIENTS

Calcium and Iron – Bone and teeth formation, red blood cells

Macronutrients



CARBS

Glucose



FATS

Lipids



PROTEINS

Amino Acids



Food Safety +

AVOID OR LIMIT

Raw or unpasteurized meats, juice and milk, soft cheeses, deli meats, raw sprouts, harmful seafood

WASH AND COOK

Fruits and Vegetables, cook meats to safe internal temps, deli meats

OTHER THINGS TO AVOID OR LIMIT

Alcohol, Caffeine, Smoking, Legal, Street or Pharmaceutical Drugs

How are we taking care of ourselves



MOVEMENT

Exercise
Hauling wood
Gardening

MEDICAL CARE

Getting regular
medical
attention

MANAGE CHRONIC ILLNESS

HTN
T2D / GDM
Thyroid
Seizures

AVOID NEGATIVE INFLUENCES

Stress
Physical
Emotional
Mental

MORNING SICKNESS

Small frequent meals
Eat before getting out of
bed

VOMITING/HG

Ginger
Small meals
HG - see your provider

HEART BURN

Small meals
Digestive Enzymes
Limit problem foods

CONSTIPATION

lots of water
Fiber rich foods
Movement

CRAVINGS

Hydrate
Eat protein first
PICA - see your provider

UNIQUE SITUATIONS

Multiples, Teens,
Disordered Eating,
Lactating, Chronic Illness

WHEN YOU SHOP



Eat before you go to store
Plan meals and Make a list
Read labels
Look for what's on sale – seasonal
Shop the perimeter of the grocery store, and freezer section
Buying store brands

WHEN YOU EAT



Have a big glass of water with meals
Use a smaller plate
Try to avoid electronics at meal time
Go back for seconds
My Plate method
Eat more protein

A photograph of a person's hands forming a heart shape over a pregnant belly. The hands are positioned with fingers pointing towards the center, creating a heart outline. The belly is covered in a textured, light-colored fabric. A small, stylized wavy line graphic is located below the hands, near the center of the heart shape. The overall image has a soft, warm tone with a slight purple/pink overlay.

Healthy Choices

EAT LOCAL

Food sovereignty, grow a garden, harvest your traditional meats, wild game and plants

HEALTHY CHOICES

Eat whole foods, versus food like products, fruits, vegetables, whole grains, protein foods, and low-fat or fat-free dairy, Water!

REDUCE

foods high in salt, sugar, saturated fat

Questions...?



Thank you

Sources

Walsh L. (2001). Midwifery Community-Based Care During the Childbearing Year

Davis E. (2019). Heart and Hands A Midwife's Guide to Pregnancy and Birth

Whitney ET AL. (2012). Understanding Nutrition.

