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What to Eat During Pregnancy from the Office of Dr. Maureen Muoneke by [Abhay](#)

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When they say “I’m eating for two now”, hopefully pregnant women don’t fully intend on eating twice as much as normal. Dr. Maureen Muoneke understands that eating well during pregnancy can be a challenge. Sticking to a healthy diet, though, can help your baby’s growth and nutrition, and can help you to shed those added pounds after delivery.

The calorie count

Women should never try to lose weight during pregnancy. This could put your baby’s health at risk. But after the first trimester, pregnant women should eat only about 300 extra calories daily. Adding a bag of potato chips to accomplish this goal is not recommended by Dr. Muoneke. Instead try adding a healthy snack.

The shopping list

Whole grains, Whole fruits and vegetables, lean protein, low-fat dairy, and healthful fats should all be the staple of your diet when pregnant. Among these categories are some “super foods” for pregnancy that will help provide proper nutrients, help fill you up, and keep you from gaining too much weight.

The must-haves

Those “super pregnancy foods” may not currently be on your list, but start with a few, and keep adding more as you go along. Soon these ‘delicious dozen’ will become routine “go to” foods for your pregnancy and beyond.

☞ Avocados: These gems are loaded with folic acid, which is needed before and during pregnancy to help form your babies brain and nervous system.

☞ Broccoli: Raw or steamed, this veggie provides loads of vitamins A and C as well as calcium and folic acid.

☞ Carrots: These help form babies eyes, teeth and bones and are a great “go to” food.

☞ Eggs: This breakfast favorite provides protein, and if they are DHA eggs, you get the added benefit of an omega-3 fatty acid. That bonus is important to brain and eye development.

☞ Edamame: Soy beans are filled with folic acid, protein, calcium, and vitamins A and B.

☞ Lentils: Beans can give you iron, vitamin B6, protein, and again, that important folic acid.

☞ Mangoes: Fruit packed with vitamins A and C, and potassium provides a bit of sweet escape.

☞ Nuts: A pinch of nuts brings minerals, vitamin E, and DHA. They are higher in fat, so be sparing with portions.

☞ Oatmeal: This high-fiber breakfast food is great any time for getting iron, and B vitamins.

☞ Red Pepper: These sweet veggies are a great source for vitamins A, C and even B6.

â€¢ Spinach: High in folic acid, iron and vitamin A, spinach is great raw or cooked.

â€¢ Yogurt: This creamy treat is full of protein, folic acid, and calcium. Just try to steer clear of the yogurts high in sugar. Instead, try a little plain yogurt with honey and fresh fruit.

Dr. Muoneke advises that if you are underweight, or follow a special diet (vegan) that you should consult with your doctor about the best foods to eat during pregnancy.

Depending on your weight prior to becoming pregnant, moms-to-be should plan to gain only between 25 â€“ 35 pounds on average. If you are overweight or obese, that number should be roughly between 15-25. Eating these healthy foods in reasonable quantities will help your baby's growth and development, and help to keep you in range.

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[Abhay](#) - About Author:

a [Dr. Maureen Muoneke](#) is well experienced and expert in providing pregnancy services. Dr. a [Maureen Muoneke](#)'s experience is always a fairly pleasant one. Her staff takes the time to show every patient attention. She is friendly, knowledgeable and concerned.

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