

SELF-PACED LESSON

After reading this lesson, click the survey link at the end to answer a few questions and receive nutrition education credit for your class.

Balance Carbohydrate, Protein and Fat During Pregnancy and Lactation



Commonly Asked Questions



What should my carbohydrate intake be during pregnancy; and is it the same for breastfeeding?

While the exact amount of carbohydrate needed during pregnancy is not known; the DRI for carbohydrate in pregnancy is 175 grams per day. The Institute of Medicine recommends at least 175 grams carbohydrate per day during pregnancy, even for people who have diabetes. Choosing healthy carbohydrates, such as whole grains, fruits, beans, lentils and other starchy vegetables, will help you meet your carbohydrate needs and give you the additional benefit of fiber.

The recommendation for carbohydrate during breastfeeding is a bit higher than it is for pregnancy. It is 210 grams per day - even for people who have diabetes. Following the After You Deliver WIC pamphlet guidelines for healthy eating will help you reach that goal. You can review that information online at:

oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/family-health/wic/nutrition-pamphlets/post-partum-nutrition/after-you-deliver-brochure-eng-web.pdf

or via the WIC shopper app by choosing the Nutrition & Breastfeeding icon, scrolling down to Postpartum and selecting "After You Deliver"

Before I was pregnant, I was eating low carb, high fat and high protein. Is that good for me to continue during pregnancy?

Even though eating low carb, high fat and high protein has been trendy lately, eating a good balance of all those nutrients is important to help you be healthy and have a healthy baby.

I have been eating at least 100 grams of protein per day. Is that amount still about right for pregnancy and breastfeeding?

As in the case of carbohydrate, the precise amount of protein needed in pregnancy and lactation is not known; however, the recommended amount of protein for both is 71 grams per day. By eating a balanced diet that includes 3 dairy and 6 – 7 meat servings each day, as recommended by WIC, you can reach that goal.

To help curb my hunger on the low carbohydrate diet that I have been following, I have been eating plenty of bacon, sausage, chicharrones, nuts and avocado. Is that still a good plan?

While there is no daily value set for the total amount of fat recommended during pregnancy or lactation, there are some guidelines about fat intake. The Institute of Medicine recommends saturated fat (which is mostly found in animal sources) be limited to 7–10% of calories per day. Choosing the nuts and avocado that you already enjoy, over the bacon, sausage and chicharrones, will help you limit that saturated fat, while giving you some healthy fat that you and your baby need.

Eating fatty fish like salmon, sardines, bluefin tuna, and striped bass will give you the wonderful omega-3 fatty acids that are so good for you and your baby. The American Heart Association recommends that all Americans eat two 3 oz servings of fish (especially the fatty fish like the ones listed above) per week. Just remember to always limit your total fish intake to no more than 12 oz in a week due to the mercury found in fish.

Adding some chia or flaxseed to oatmeal and smoothies would further boost your intake of healthy fat and fiber. Nutrients are important to help you be healthy and have a healthy baby.



Complete the questions below to receive credit for this lesson

Questions:

Circle the correct answer

1. The amount of carbohydrate recommended for pregnancy and breastfeeding is the same for people with diabetes as it is for people without diabetes.

True False

2. What are 3 foods that will provide healthy carbohydrates?

- A. Lentils, Fruit and Sweet Potatoes
- B. Avocado, Fatty fish and Rice
- C. Milk, Cheese and Nuts

3. What are 3 sources of healthy fat?

- A. Potato, Beans and Avocado
- B. Nuts, Salmon and Chia seeds
- C. Bacon, Sausage and Sweet Potatoes

4. What are 3 good sources of protein?

- A. Fish, Pinto Beans and Nuts
- B. Nuts, Carrots and Corn
- C. Pinto Beans, Cucumber and Cherries

5. What is one way to get the amount of protein recommended for pregnancy?

- A. Include 2 – 4 fruit servings and 3 dairy servings per day
- B. Include 6 – 7 meat servings and 3 dairy servings per day
- C. Include 6 – 10 grain servings and 3 dairy servings per day

Key: 1) True 2) A 3) B 4) A 5) B

Congratulations, you have finished!

Have more questions? Contact your local WIC nutritionist!



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