



1ST TRIMESTER

Weeks 1-13



@growbabyhealth



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**“IMPROVING THE NUTRITION OF GIRLS AND
WOMEN COULD PREVENT COMMON CHRONIC
DISEASES IN FUTURE GENERATIONS.”**



PRECONCEPTION

Mother's Health

Father's Health

Too Stressed
Too Early
Too Small
Too Large

Poor methylation

Factors

PIH, HELLP

Poor Nutrition

Over-nutrition

Under-nutrition

Imbalanced

Nutrition

Seasonal

Nutrition

Multiple Toxins-

Pb, Cd, BPA,

Phthalates...

Gestational DM

Smoking

Alcohol

Infections

Periodontal Disease

THINK TRANSGENERATIONAL TIMELINE

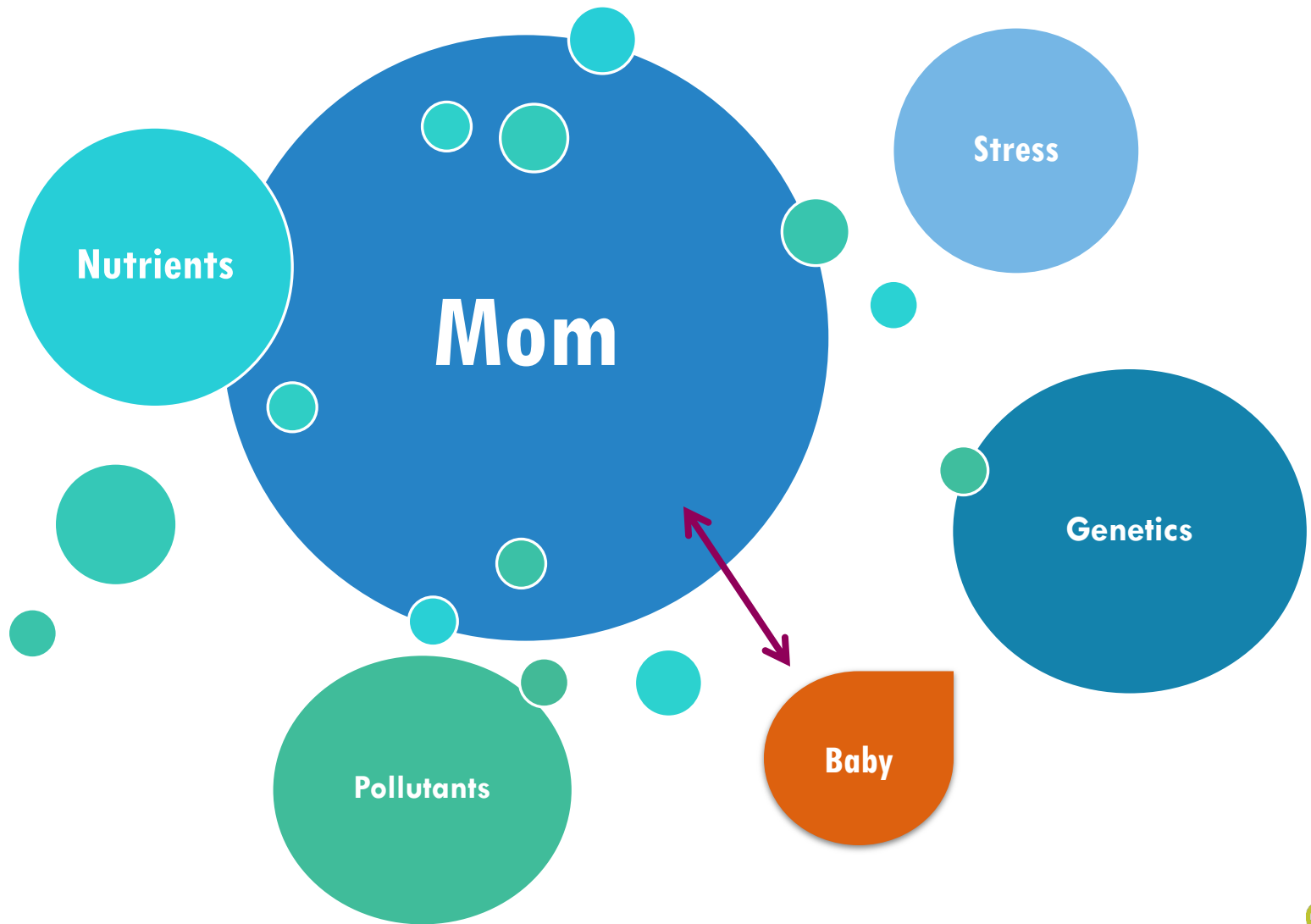
Child

Grandchild

Great
Grandchild

Hypertension
Heart Disease
DM
Obesity

- Microbes
- Toxins
- Allergens
- Foods
- Stress



INDIVIDUALIZE TO EMPOWER

Prenatal Care

Age

Biomarkers

Genetics

Ethnicity

Culture

Geography – Environmental exposure

Education/socioeconomic class

Dietary habits/access – *review Core Food Plan options*

Stress levels

Sleep hygiene

Movement health

IMPORTANT MACRONUTRIENTS FOR 1ST TRIMESTER

Protein

L-methionine
L-cysteine
L-carnitine

Combination
plant/animal
protein

Fats

Omega-3
fatty acids

Variety of
healthy fats

Carbohydrate

Rainbow of
fruits/veggies

Unrefined-high
fiber-complex

IMPORTANT MICRONUTRIENTS FOR 1ST TRIMESTER

Vitamins

B2, B6, Folate,
B12 & Choline

Vitamin A, C,
D, E

Minerals

Iodine,
Selenium

Magnesium

Phytonutrients

Rainbow of
fruits/veggies

Prebiotic fibers
for probiotic
support

BODY CHANGES FOR MOM IN THE FIRST TRIMESTER

- a) Maternal blood volume starts to double until 36 weeks
- b) Heart rate increases
- c) Muscle mass of heart can increase
- d) Breasts may enlarge, nipples become darker
- e) High hormone production occurs – dramatic rise in progesterone
- f) Mood swings are frequent
- g) *Nausea may occur*



WEIGHT GAIN(ISH) DURING PREGNANCY FOR A SINGLETON

Fetus: 7.5-8.5 lbs

Stores of Fat & Protein: 7.5 lbs

Blood: 4.0 lbs

Tissue Fluids: 2.7 lbs

Uterus: 2.0 lbs

Amniotic Fluids: 1.8 lbs

Placenta & Umbilical Cord: 1.5 lbs

Breasts: 1.0 lbs -5.0 lbs

TOTAL= 28/29-33/34 lbs (10-40+ lbs depending on pre-pregnancy weight)





Diet and physical
activity-based
interventions
during pregnancy reduce
excess gestational weight
gain by at least 20%



**Use What We
Have: 9 Months**

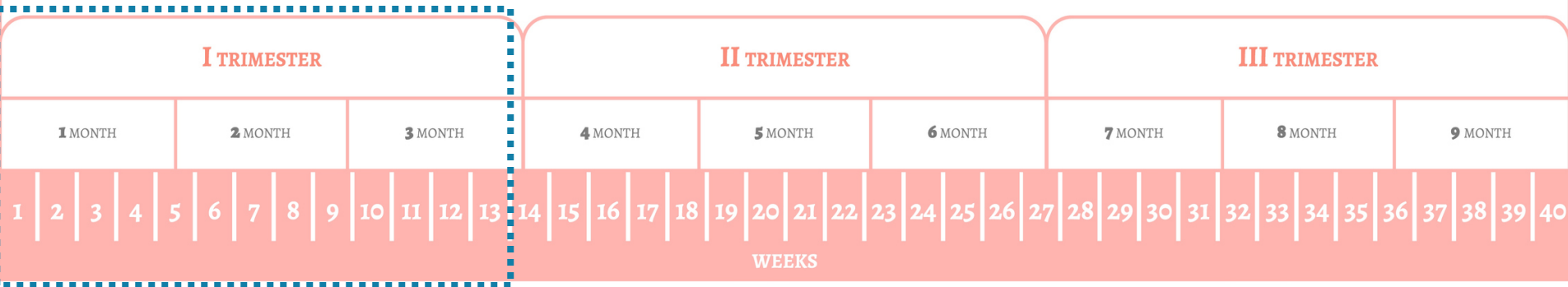
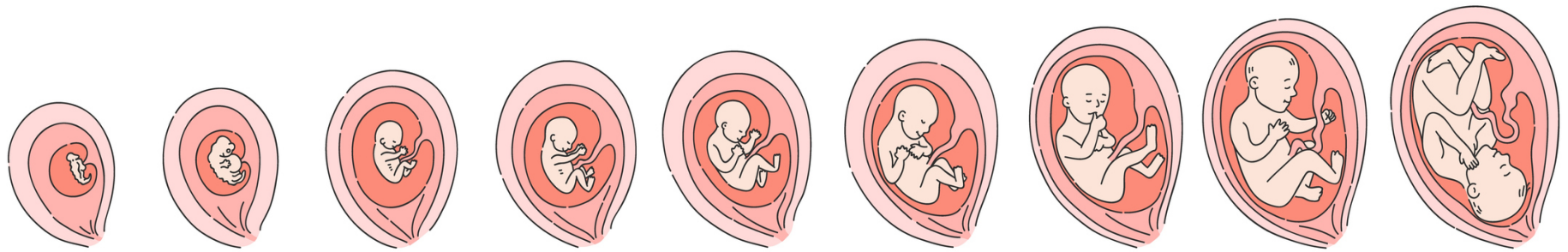


**Control What We
Can: Lifestyle**



**Assess the
Individual:
Always**

PRECONCEPTION THROUGH THE FIRST 1000 DAYS



- ❖ **Neural Tube** : opens and closes in the first 4 weeks of pregnancy
- ❖ **Organogenesis**: development of all organs your baby will have
- ❖ **Heart**: you will hear a heartbeat by 8 weeks
- ❖ **Brain**: by week 10 - 250,000 new neurons are being produced every minute.

22 DAYS AFTER CONCEPTION...

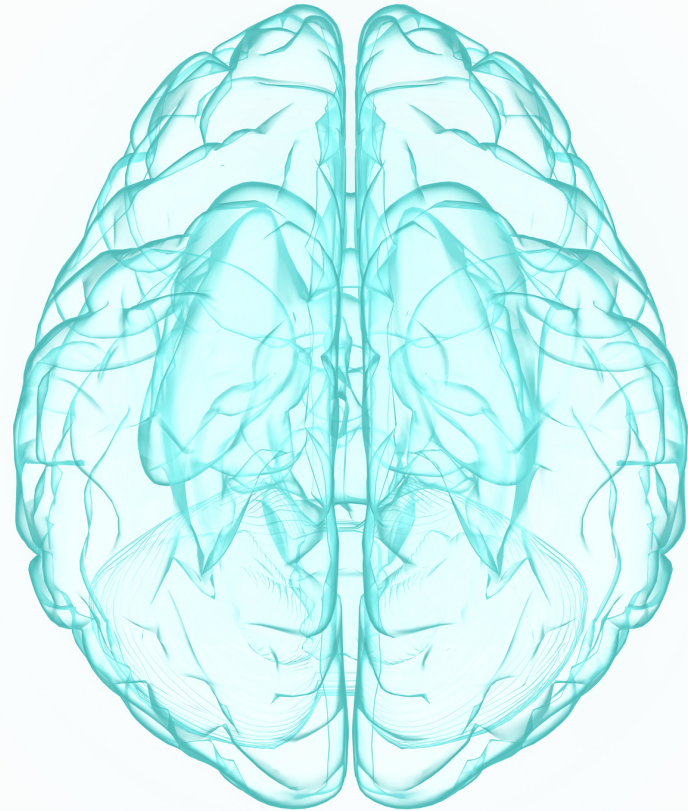
NEURAL PLATE – Begins to fold inward - the key component of the nervous system

NEURAL TUBE – Which becomes the brain and spinal cord

THIS EARLY DEVELOPMENT...

AFFECTED by Adequate Nutrients

- ✓ Folic Acid
- ✓ Copper
- ✓ Vitamin A



ESSENTIAL FAT & THE BRAIN

EPA: 700 mg + **DHA:** 700mg = 1400mg Daily

- Omega-3 Fatty acids, particularly DHA is essential for brain growth, eye and nerve development of the growing baby.
- Important for you:
 - ✓ Cell membrane
 - ✓ GI health
 - ✓ CNS support
 - ✓ Mood support



1ST TRIMESTER FOOD PLAN

LOW GLYCEMIC INDEX

FATS & OILS

DAILY _____

Minimally refined, cold-pressed, organic, non-GMO

2 tbsp	Avocado	1 tsp	Oils, salad: almond, flaxseed, grapeseed, olive (extra virgin), rice bran, high oleic safflower or sunflower, sesame, walnut
1 tsp	Butter (2t whipped)		
1 sq	Chocolate, dark ⁴		
2 tbsp	Coconut milk, light (canned)	8	Olives, black or green
1 1/2 tbsp	Coconut milk, regular (Canned)	1 tsp	Oils, cooking: butter, coconut (virgin), grapeseed, olive (extra virgin)
1 tbsp	Ghee/clarified butter		
1 tbsp	Mayonnaise (unsweetened)		

⁴ >70% OR HIGHER COCOA, SERVING = 7G

1 SERVING = 45 CALORIES

NUTS & SEEDS

6	Almonds
2	Brazil nuts
6	Cashews
1 tbsp	Chia Seeds
3 tbsp	Coconut, dried (unsweetened)
2 tbsp	Flaxseed, ground
5	Hazelnuts
1 tbsp	Hemp seeds
6	Mixed Nuts

1 SERVING = 45 CALORIES

PROTEIN

Lean, grass-fed, wild

ANIMAL PROTEIN:

1 oz	Cheese, hard
1/4 c	Cottage cheese
2/3 c	Egg substitute
1	Egg or 2 egg whites
1 oz	Feta cheese
1 oz	Fish: anchovies, cod, herring, mackerel, salmon, sardines, snapper, tilapia, tuna* ⁴ discuss type
1 oz	Shellfish: clams, crab, lobster, mussels, oyster, scallops, shrimp
1 oz	Meat: beef, buffalo, elk, lamb, pork, venison, other wild game

1 OZ SERVING = 35-75 CALORIES, 7 G PRO

FLUIDS (NO SUGAR/SODIUM ADDED)

DAILY _____

8 oz Water, Sparkling Water, Coconut Water, Herbal Tea

LEGUMES

DAILY _____

3/4 c	Bean soups	1/2 c	Edamame (cooked)
1/2 c	Black soy beans (cooked)	1/3 c	Hummus or other bean dips
1/2 c	Dried beans, lentils, peas (cooked)	1/2 c	Green peas (cooked)

1 SERVING = 110 CALORIES, 15 G CARBS, 7 G PRO

DAIRY / ALTERNATIVES (ORGANIC PREFERRED)

DAILY _____

8 oz	Buttermilk	8 oz	Milk alternatives: coconut, nut, soy
8 oz	Kefir, Plain	6 oz	Yogurt, plain
8 oz	Milk: cow, goat, sheep	4 oz	Yogurt, Greek: plain
4 oz	Milk: hemp, oat		

VEGETABLES (STARCHY)

DAILY _____

1/2 c	Acorn squash, cubed	1/2 c	Potatoes, mashed
1 c	Butternut squash, cubed	1/2 c	Root vegetable: Jerusalem artichoke, parsnip, rutabaga
1 c	Celery root, cubed	1/2 c	Winter Squash
1/3 c	Plantain (1 1/2 whole)	1/2 md	Yam
1/2 md	Potato (purple, red, sweet, yellow)		

1 SERVING = 80 CALORIES, 15 G CARBS

Dirty Dozen (Buy Organic): potatoes

Clean Fifteen (Ok Conventional): sweet corn

FRUITS (NO SUGAR ADDED)

DAILY _____

1/2 c	Apple, sliced	1/2 c	Apricots
1/2 c	Avocado	1/2 c	Banana
1/2 c	Berry mix	1/2 c	Blackberries
1/2 c	Blueberries	1/2 c	Brambleberries
1/2 c	Cherry	1/2 c	Cranberries
1/2 c	Citrus: orange, grapefruit	1/2 c	Citrus: lemon, lime
1/2 c	Coconut	1/2 c	Custard apple
1/2 c	Custard apple	1/2 c	Fig
1/2 c	Fruit mix	1/2 c	Grape
1/2 c	Grape	1/2 c	Grapefruit
1/2 c	Grapefruit	1/2 c	Guava
1/2 c	Guava	1/2 c	Honeydew
1/2 c	Honeydew	1/2 c	Jamun
1/2 c	Jamun	1/2 c	Kiwi
1/2 c	Kiwi	1/2 c	Lemon
1/2 c	Lemon	1/2 c	Lemon-lime
1/2 c	Lemon-lime	1/2 c	Lime
1/2 c	Lime	1/2 c	Mango
1/2 c	Mango	1/2 c	Melon
1/2 c	Melon	1/2 c	Muskmelon
1/2 c	Muskmelon	1/2 c	Nectarine
1/2 c	Nectarine	1/2 c	Orange
1/2 c	Orange	1/2 c	Papaya
1/2 c	Papaya	1/2 c	Peach
1/2 c	Peach	1/2 c	Pear
1/2 c	Pear	1/2 c	Pineapple
1/2 c	Pineapple	1/2 c	Pomegranate
1/2 c	Pomegranate	1/2 c	Raspberry
1/2 c	Raspberry	1/2 c	Rhubarb
1/2 c	Rhubarb	1/2 c	Strawberry
1/2 c	Strawberry	1/2 c	Tangerine
1/2 c	Tangerine	1/2 c	Watermelon
1/2 c	Watermelon	1/2 c	Yam

DAILY _____

1/2 c

Flour Serving = 1/3 - 1/2 c

Daikon radishes Radicchio

1 SERVING = 1/2 CUP COOKED & 1 CUP RAW, 25 CALORIES, 5 G CARB

HERBS - FOOD OR TEA FORM

Basil	Nettle
Chamomile	Oregano
Dill	Red Raspberry Leaf*
Echinacea	Rosemary
Fennel	Sage
Fenugreek	Thyme
Lavender	*Discuss dosing, form, frequency
Lemongrass	
Mint	

SPICES

Chili
Cinnamon
Curcumin (cumin)
Ginger
Nutritional Yeast
Paprika
Pepper (black)
Turmeric

Dirty Dozen (Buy Organic): celery, hot peppers, kale, spinach, tomatoes

Clean Fifteen (Ok Conventional): asparagus, broccoli, cabbage, cauliflower, eggplant, mushrooms, onions

1/3 c	Barley, cooked
1 sl	Breads
1/2 c	Cereal, cooked (rolled oats, steel cut oats, wheat)
4-7	Crackers, rye
1/3 c	Couscous, whole wheat
1/2	English muffin
1/2 c	Kasha, cooked ^{GF}
1/2 c	Muesli (no added sugar)
1/3 c	Pasta
1/2 c	Pita
1/2 c	Quinoa, cooked ^{GF}
1/3 c	Rice ^{GF} : basmati, black, brown, purple, red, wild
1	Tortilla, 6" (whole wheat/grain rice, corn)
1/4 c	Wheat germ

1 SERVING = 75-110 CALORIES, 15 G CARBS

^{GF}=GLUTEN FREE

1. WHAT – Not just what's best, but what's best for you

2. HOW – Rest & digest

3. WHY – Stages of eating



HYDRATION

Quality:

Clear, no added salt / sugar

Electrolyte focus:

Ca^{++} , Cl^- , Mg^+ , K^+ , Na^+

Amount:

Pregnant: $\frac{1}{2}$ body weight
(lbs) in fluid ounces

Breastfeeding: Full body
weight (lbs) in fluid ounces

Biomarker:

Urine is clear and odorless



“Health is about what you add,
not only what you take away.”

-Emily Rydbom, CN, BCHN, CNP

In

PREGNANCY

Whole Fruit. Less Sugar.

Eliminating Diet Soda.

Associated with Better Cognitive
Development in Childhood

Juliana F.W. Cohen, Sheryl L. Ritas-Shenian, Jessica Young, Emily Oken. Associations of Prenatal and Child Sugar Intake With Child Cognition. American Journal of Preventive Medicine. 2018; DOI: 10.1016/j.amepre.2018.02.020

Consumption of probiotic yogurt
had a protective effect against
increases in mercury and arsenic
blood levels in pregnant women.

J. Biazanz, M. Enos, J. Mwanga, J. Chengalucha, J. Burton, G. Gloor, G. Reid. Randomized Open-Label Pilot Study of the Influence of Probiotics and the Gut Microbiome on Toxic Metal Levels in Tanzanian Pregnant Women and School Children. MBio. 2014 Oct 7; 5 (5)

One or more servings of fruit each
day in pregnancy is like giving your
baby the same developmental
benefits as spending an additional
week in the womb.

Farooq Y. Bhatti, Amanda Liu, Cory E. Bower, Steven Langer, Han-Ming Liao, Smithson, Dana Lefkowitz, N. Todd Alexander, Clayton T. Jackson, Ling Gu, Alan B. Gewirtzman, Subodh K. Shetty. Acquiring the Maternal Fetus Placenta Microbiome: Cognitive Enhancing Benefits Associated with Increased Maternal Fruit Intake During Pregnancy. Results from a birth cohort study with placental and neonatal microbiome. 2018 Dec; up to November 2018.

Here are just a few examples of how your decisions CAN change everything.

Watermelon

HIGH IN L-CITRULLINE.
HIGH IN WATER.
LOWERS BLOOD
PRESSURE. IMPROVES
CIRCULATION. A SWEET
PREGNANCY TREAT.

Higher maternal intakes of vegetable
and fruit before conception were
associated with better cardiovascular
health in the offspring.

van Elten TM, van de Beek C, Geelen A, et al. Preconception Lifestyle and Cardiovascular Health in the Offspring of Overweight and Obese Women. Nutrients. 2019;11(10):2446. doi: 10.3390/nu11102446



FISH INTAKE IN
INFANCY COULD REDUCE
THE RISK OF ECZEMA
AND ALLERGIC RHINITIS
IN CHILDREN



Zhang et al. Pediatr Allergy Immunol. 2017 Mar;28(2):162-1611.

What to Include & What to Avoid

Fish*-2-3X a week

Low Mercury

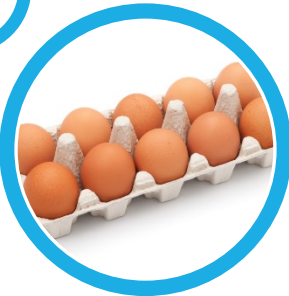


Caffeine – <200 mg

(Coffee, Tea, Chocolate, Soda?)



Soft Cheeses & Deli
Meat-let's talk quality



Eggs-must be cooked



Honey-you can have it

LET'S TALK ABOUT THIS...

SUSHI

- Nigiri, maki, sashimi and chirashi
- Common practice in Japan to eat sushi during pregnancy.

Concerns

- Pathogens, Parasites
- Sushi-grade fish is usually flash-frozen killing potential parasites

Safe Choices

- Low Mercury in Pregnancy
- Quality: Wild-caught, sushi-grade
- Cooked



British National Health Services: “Usually Safe to Eat Raw Fish in Pregnancy.”

“Pregnant women need not avoid raw fish if it is obtained from a reputable establishment, stored properly, and consumed soon after purchase.¹”

ACOG: Still recommends against eating raw fish, eggs, or meat in pregnancy

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What is a serving?

To find out, use the palm of your hand!



For an adult
4 ounces



For children,
ages 4 to 7
2 ounces

Best Choices EAT 2 TO 3 SERVINGS A WEEK

Anchovy	Herring	Scallop
Atlantic croaker	Lobster,	Shad
Atlantic mackerel	American and spiny	Shrimp
Black sea bass	Mullet	Skate
Butterfish	Oyster	Smelt
Catfish	Pacific chub	Sole
Clam	mackerel	Squid
Cod	Perch, freshwater	Tilapia
Crab	and ocean	Trout, freshwater
Crawfish	Pickering	Tuna, canned light
Flounder	Plaice	(includes skipjack)
Haddock	Pollock	Whitefish
Hake	Salmon	Whiting
	Sardine	

OR

Good Choices EAT 1 SERVING A WEEK

Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Carp	Sablefish	Tuna, yellowfin
Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Grouper	Snapper	White croaker/Pacific croaker
Halibut	Spanish mackerel	
Mahi mahi/dolphinfish	Striped bass (ocean)	

Choices to Avoid HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice

www.EPA.gov/fishadvice



PROTEIN

.8 G/KG PER DAY *The same as if you were not pregnant

1. Weight in lbs
 2. Divide lbs by 2.2 = kilograms
 3. Kilograms divided by 0.8 (up to 1.2 g/kg)
= Grams of protein daily
- *divide by 7 = ounces

L-CARNITINE: 500-1,000 MG DAILY

- During gestation, plasma carnitine concentrations are strongly decreasing
- Improves blood sugar balance and fatigue
- Transports fats to the cell to be used for energy.
- By the 12th week of pregnancy, carnitine levels are low, leaving more fats floating free in the bloodstream, which can lead to insulin resistance-increasing the risk of imbalanced blood sugar.

L-CARNITINE RICH FOODS

1. Beef Steak
2. Ground Beef
3. Pork
4. Whole Milk
5. Cod
6. Chicken Breast

+Lysine
+Methionine
+B3, B6, Iron
and Vitamin C



METHYLATION CO-FACTORS

PROTEINS / FATS

- Methionine
- Cysteine
- Taurine
- Omega-3 DHA

MINERALS / VITAMINS

- Betaine
- Choline
- Vitamin B2, B3, B6, Methylfolate*, B12
- Magnesium
- Potassium
- Zinc





U.S. ROAD TO FORTIFICATION*

1924: Iodine to salt – to prevent goiter

1930s: Vitamin D added to milk – to prevent rickets & aid calcium/phosphorous absorption

1938-1943: B vitamins & Iron – to prevent

- Berberi (thiamin, B1)
- Pellagra (niacin, B3)
- Anemia (iron)
- B2 (riboflavin) & B6 (pantothenate) to assist in B3 utilization

1996: Folic acid – to prevent neural tube defects

Suzanne White Junod, PhD, Folic Acid Fortification: Fact & Folly, "Making History, Col 4, 5, 6. 2001." <http://www.fda.gov>



*FOLIUM-FOLIC ACID-FOLATE-FOLIAGE

METHYLFOLATE

- ❑ Naturally occurring in foods – especially green leafy plants
- ❑ Bioavailable for everyone – Folic acid is not
- ❑ Essential form for up to 50% of the population – genetic component
 - MTHFR

Known as:

- Methylfolate
- 5-MTHF
- L-Methylfolate

FOLIC ACID

- ❑ Synthetic
- ❑ 1993 Nutrition Labeling and Education Act – 400 mcg fortified folic acid
- ✓ High intake associated with: Embryonic loss, Growth delay
- ✓ Increase incidence: Inflammatory bowel disease, can mask B12 deficiency, Allergic disease, Eczema

CONCERN: “Between the frosted flakes and the broccoli, I’ll drop the broccoli.”

FOLATE: 1.0MG* DAILY

- Prevents neural tube defects
- May reduce risk of cleft lip with or without cleft palate
- Helps make new and healthy red blood cells

MTHFR(methylenetetrahydrofolate reductase)

- Many of us have a genetic inability to properly convert folic acid to folate (the active form that our bodies can use). These single nucleotide polymorphisms (SNP), can reduce the ability to activate or methylate folate anywhere from 30-90%.

*This dose may change depending on your genetic MTHFR status

FOLATE RICH FOODS

1. Brewer's Yeast
2. Romaine Lettuce
3. Spinach
4. Asparagus
5. Collard Greens
6. Broccoli
7. Cauliflower
8. Beets
9. Lentils
10. Celery
11. Brussels Sprouts



B6, PYRIDOXINE: 15MG DAILY

- Helps keep your energy up!
- Supports mood balance
- Helps make new cells especially of the brain and nervous system
- Forms red and white cells
- Specific doses can help with morning sickness: 25-75mg/day for the long-term
 - High doses of magnesium glycinate, 600-800mg can also help decrease morning sickness.

VITAMIN B6 RICH FOODS

Animal Protein: Tuna, turkey, beef, chicken, salmon



Veggies: Parsley, sweet potato, spinach, shiitake mushrooms

Fruit: Banana



Nuts and Seeds: Sunflower seeds, sesame seeds, pistachios

Herbs: dill, garlic, sage, basil, parsley, tarragon



Spices: paprika, cayenne pepper, turmeric, curry powder



B12, COBALAMIN: 1,000 MCG DAILY

- Primary role is as a methyl donor
- Important for making red blood cells, nerve cells, and DNA
- Helps body use fat and carbohydrates for energy
- Facilitates folate metabolism
- Vitamin B12 deficiency in 1st/2nd trimester are associated with Low Birth Weight
- Testing Homocysteine—Elevated levels may play role in neural tube defects and miscarriage
 - Testing can show adequacy or need of B6, Folate (B9) and B12

VITAMIN B12 RICH FOODS



1. Sardines
2. Venison
3. Shrimp
4. Scallops
5. Salmon
6. Beef, Grass-Fed
7. Lamb
8. Cod
9. Yogurt
10. Low-Fat Milk
11. Eggs



VITAMIN D

IN PREGNANCY



GrowBaby®

MOM

- Preeclampsia
- GDM
- C-section
- RPL
- Postpartum Depression

BABY

- Low Birth Weight
- SGA
- PTB

INFANT

- Respiratory Tract Infections
- Asthma
- Low Immunity

ADULT

- Cardiovascular Disease

CHILD-TEEN

- ADHD
- Autism
- Low Immunity

Adapted from: Agarwal et al, Vitamin D and its impact on maternal-fetal outcomes in pregnancy: A critical review, Crit Rev Food Sci Nutr. 2018 March 24; 58(5): 755–769. doi:10.1080/10408398.2016.1220915.

VITAMIN D2/D3 RICH FOODS

1. Cold-water fatty fish (D3)
2. Cod Liver Oil (D3)
3. Eggs (D3)
4. Fortified Milk (D3)
5. Fungus-mushrooms (D2)



Supplementation is often required. Pair with vitamin K2 to improve absorption.

MAGNESIUM, 400 MG DAILY

(6-10MG/KG—LET'S CALCULATE YOUR NEEDS)



Why It's Important?

Needed in over 300 enzymatic reactions in the body.

Improves constipation, energy, restless legs, sleep, and nausea during pregnancy.

Improves heart health.

Magnesium Glycinate most readily absorbable form.

Where To Find It?

Pumpkin seeds: $\frac{1}{4}$ cup=184 mg

Swiss chard: 1 cup=150 mg

Spinach: 1 cup=156 mg

Green Beans: 1 cup=140 mg

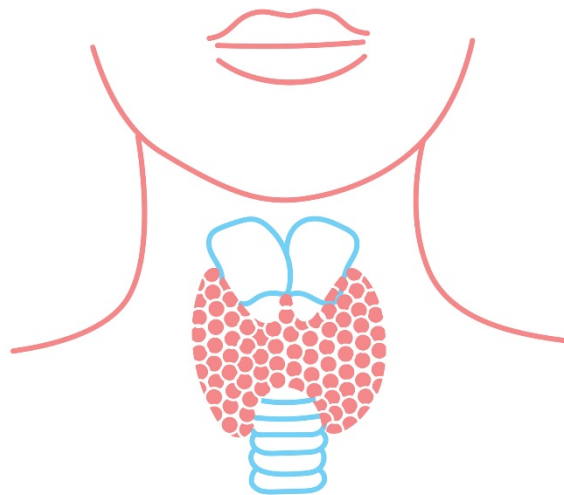
Sunflower seeds: $\frac{1}{4}$ cup=127 mg

Salmon: 4 oz=138 mg



IODINE: 150 MCG

- In pregnancy, the thyroid produces 50% more hormones than normal¹
- By the end of the first trimester, the baby's thyroid makes its own thyroid hormones
- Iodine is needed for the brain and nervous system development and to make thyroid hormones for the baby, which regulate metabolism²⁻³



IODINE RICH FOODS:

Cod, sea bass, haddock, perch, squid, kelp and other sea vegetables, feijoa (South American fruit), persimmon, yogurt & dairy, eggs, iodized salt



SELENIUM: 200 MCG

- A trace mineral and potent antioxidant , selenium helps **protect your cells from free radical damage.**
- Selenium helps to prevent damage done to your cells by working with a group of nutrients—vitamin B3 (niacin), vitamin E, vitamin C, and glutathione (an important antioxidant)— to prevent oxygen molecules from becoming too reactive, causing more oxidative stress.
- Getting sufficient quantities of selenium may increase thyroid hormone metabolism, can improve fertility, help fight cancer, and reduce risk of cardiovascular disease, and arthritis.

SELENIUM RICH FOODS



1. Brazil Nuts
2. Crimini Mushrooms
3. Cod
4. Shiitake Mushrooms
5. Shrimp
6. Tuna
7. Calf's Liver
8. Sardines
9. Salmon
10. Mustard Seeds
11. Eggs
12. Turkey



“BECAUSE YOU BOTH HAVE TO SURVIVE THIS.”

—LESLIE STONE, MD



Nausea Relief For the Short-Term

CHAMOMILE: TEA
POMEGRANATE: FRUIT
SPEARMINT: TEA
LEMON: IN WATER
GINGER: 500 MG

Nausea Relief For the Long-Term

VITAMIN B6: 40-70 MG

+Small and Frequent Protein Rich Meals +Adequate water (sparkling is
ok!)

Khorasani et al, J Obstet Gynaecol. 2020 Jan;40(1):10-19.xt

MOOD & FOOD



➤ Probiotic rich foods for **GUT HEALTH**

Yogurt, kefir, kimchi, miso, natto, sauerkraut

➤ Healthy fats for **BRAIN HEALTH**

Avocado, coconut oil, fish, olives, olive oil, nuts (walnuts) and seeds (flax, chia)

➤ Adequate Protein (remember your individual calculation!) for **NEUROTRANSMITTERS**

➤ B vitamins for **NEUROTRANSMITTERS & ENERGY**

Green leafy, eggs, legumes

➤ **COLOR for MOOD**

Also, Movement...

Polyphenols -
Decreased
depressive
symptoms²

More
plants
= better
mood^{5, 6}

Grape
Juice –
Increased
calm¹

Curcumin -
Improves
depressive
symptoms³

Vitamin C –
shows
positive
effect on
anxiety⁴

CRAVING GUIDE 101

*You and your body are
always communicating...*



SWEET: Pancreas & sugar metabolism

- Macronutrient balance – support with adequate protein/fat/fiber, phytonutrient support

SALTY: Adrenal glands and kidneys

- Stress – relaxation work, support with fluids/hydration, electrolyte support

BITTER: Lymph support and protein metabolism

- Focus on Alkaline rich foods, raw fruits/veggies, proteolytic enzymes-papain, bromelain & fermented foods

SOUR: Liver detoxification and fat metabolism

- Support with digestive enzymes – cholegogues – mineral array

PUNGENT: Anti-inflammatory and improved assimilation

- Support with herbs/spices - garlic and ginger, mustard, turnips, scallion, radish, horseradish to emulsify fat from oily food

SPICY: Blood circulation and anti-microbial

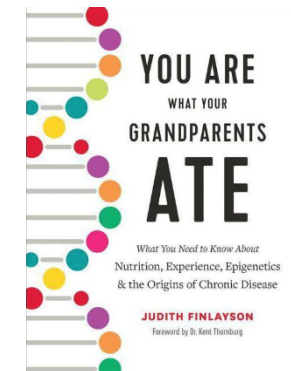
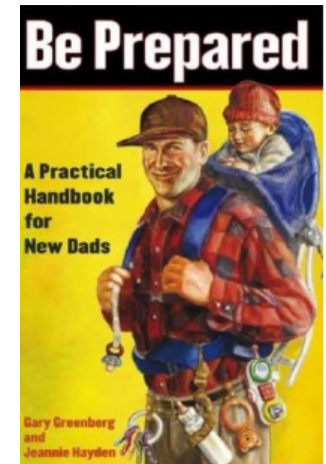
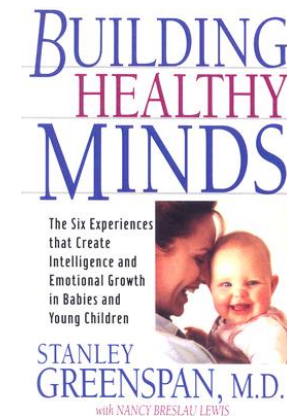
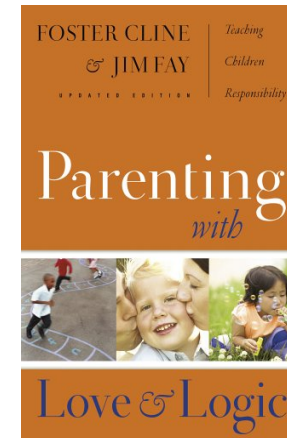
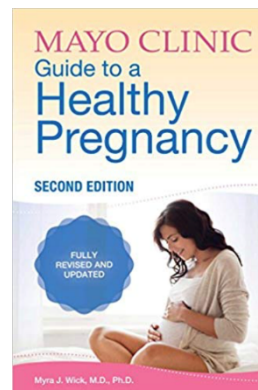
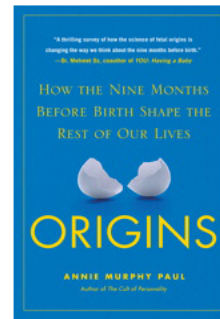
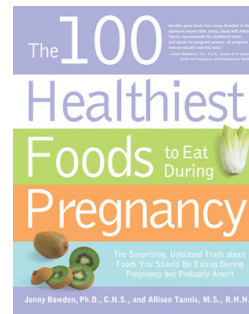
- Movement, nitric oxide rich foods, fermented and iron rich foods – herbs and spices



	Common S _x of Pregnancy-PP	Nutrition & Lifestyle	Bioactives
1	Nausea	Eating frequency + protein emphasis	Ginger root, B ₆
	Fatigue	Protein emphasis + iron rich foods & sleep hygiene	Carnitine, iron (vitamin C), vitamin A, B vitamins
	Mood Imbalance	Essential fat emphasis-cold water fish + protein emphasis, colorful plants	EPA/DHA, inositol, B vitamins, lavender aromatherapy, turmeric
	Hyperemesis		Ginger root
	Restless Legs	Magnesium rich foods + electrolyte replenishment	Magnesium
2	Muscle Cramps	Vitamin C rich foods	Vitamin C
	Headaches	Hydrating foods + fluid	CoQ10, carnitine, riboflavin (B ₂), magnesium
	Constipation	Adequate fiber + hydrating foods/fluid/ kiwi fruit + phytonutrient intake + pre/probiotic rich foods	Magnesium, fiber

RECOMMENDED TEXTS

1. 100 Healthiest Foods to Eat During Pregnancy
2. Mayo Clinic Healthy Pregnancy
3. Building Healthy Minds
4. Origins: How the Nine Months Before Birth Shape the Rest of Your Life
5. Be Prepared: A Practical Handbook for New Dads
6. Parenting With Love & Logic
7. You are What your Grandparents Ate



GrowBaby® PreGenesis Prenatals

Multivitamin
with methylfolate

- ✓ For antioxidants
- ✓ For DNA synthesis



Choline

- ✓ For brain development
- ✓ For methylation support



Fish Oil

- ✓ For brain health
- ✓ For gut health



Carnitine

- ✓ For blood sugar control
- ✓ For energy production



STAY TUNED & JOIN US!
2ND TRIMESTER COMING UP NEXT...

