



TENNESSEE  
INTEGRATIVE  
HEALTH

## **Prenatal Nutrition**

Caloric intake 2200-2900 kcal/d

**1<sup>st</sup> Trimester- No caloric increase**

**2<sup>nd</sup> trimester- Increase by 340-360 kcal/day**

Hard boiled eggs (4)  
Apple with Almond Butter (2 Tbsp.)  
Almonds (Handful)  
Veggies with Hummus (4 Tbsp.)

**3<sup>rd</sup> trimester- Increase by additional 112 kcal/day**

Grilled pineapple  
Pistachios (25)  
Cucumber Salad  
Kale Chips  
Baked sweet potato fries  
Dark Chocolate (At Least 70% Cocoa- 1 oz.)

### **Must Have Foods**

Omega 3 Fatty Acids (400-550 mg with 225 being DHA/day)  
Fish Low in Mercury: Salmon, Cod, Anchovies, Sardines, Trout (8-12 oz./week)  
Vitamin D & Methylated Folate (520-600 micrograms)  
Protein (71g/day)  
Green Leafy Vegetables!!  
Ensure Adequate Filtered Water Intake of 1.5 L-2.3 L/day

### **Foods To Avoid**

Lunch meats  
Tap Water  
Raw Fish (Sushi) & Rare Meats  
Mercury-Containing Fish (King Mackerel, Shark, Tilefish, Swordfish & Tuna Steak)  
Imported Soft Cheeses  
Artificial Sweeteners  
Processed Foods - Eat More Foods Alive than Dead

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