

A Date with Mom



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NUTRITION BEFORE, DURING, AND AFTER PREGNANCY

With this unique season in life comes unique nutritional needs.

A diet filled with whole foods like fruits, vegetables, legumes, whole grains, lean proteins, dairy, and healthy fats may help support your journey to motherhood and beyond. But if trying to figure out how to put that into practice feels overwhelming, then let's get super practical.

HOW MUCH?

PRE-CONCEPTION TO FIRST TRIMESTER:

needs stay the same
for most women

SECOND TRIMESTER:

approximately 300-350
calories more

THIRD TRIMESTER AND LACTATION:

approximately 450-500
calories more



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Most of these “extra” calories should be foods that are packed with nutrition, but you should also enjoy them!

Natural Delights Medjool Dates, with their naturally sweet caramel flavor, are a delicious way to get in 16 essential nutrients that can help support preconception, pregnancy, and postpartum.

WHEN?

Having a small meal or snack every 3-4 hours can help you from getting overly hungry or overly full.

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WHAT?

Plate Method

A quick and easy way to think about a healthy plate is to aim for ½ plate fruits and vegetables, ¼ plate protein, and ¼ starch.

Of course, not every meal will have components that fit nicely into these sections. In that case, consider the overall ratio of foods to keep it simple.

Roasted Cauliflower with Red Onions, Date, and Middle Eastern Spices

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Grilled chicken

Whole Wheat Pita

Fiber + Protein Snacks

When you're looking for a healthy snack, pair foods with fiber and protein to keep you satisfied.

Some examples include:



Avocado toast and 1 egg



Bell peppers and black bean dip



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Chocolate Tahini Bites

Beyond the Plate

Finally, don't forget about the other key elements to a healthy journey to motherhood. Whether you are trying to conceive, pregnant, or postpartum, you don't want to forget:

Hydration

(preferably from water)

Prenatal vitamin

(ask your registered dietitian nutritionist or ob/gyn for a recommendation)

Physical activity

(choose something you can consistently enjoy)

Sleep

(aim for 7-8 hrs as often as possible)

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