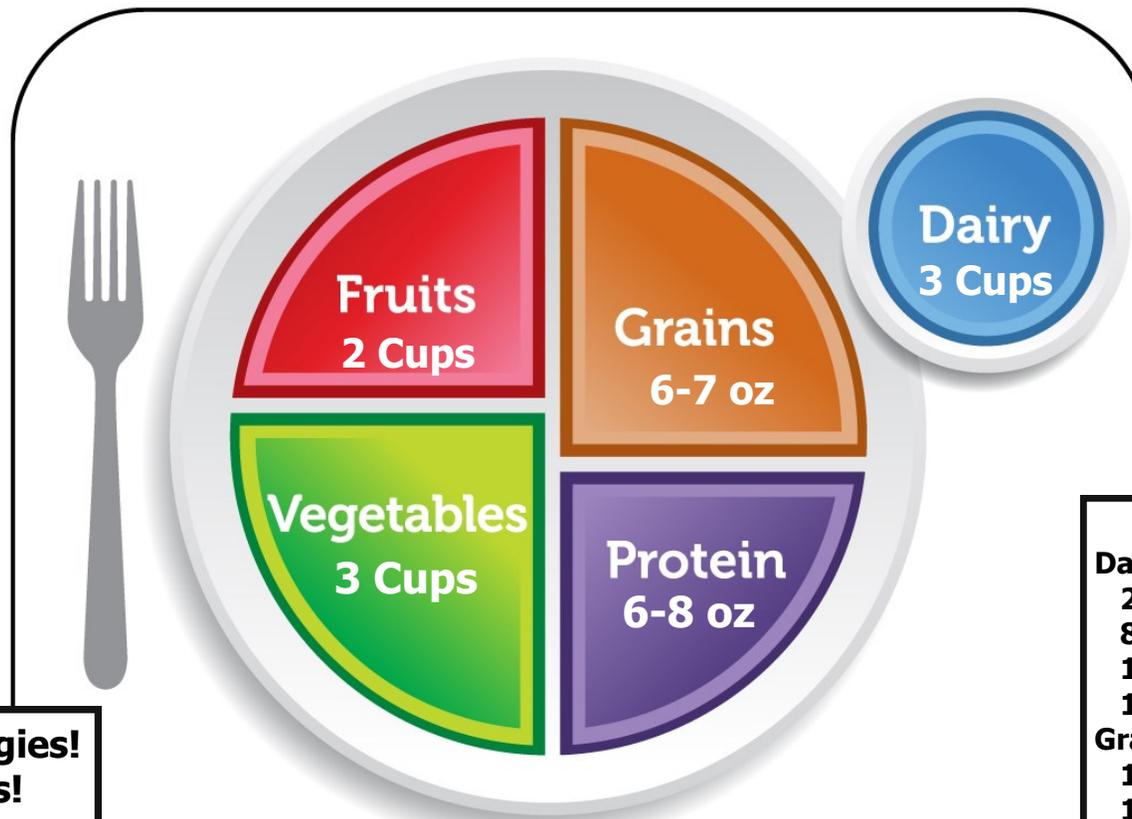


Pregnancy with Multiples



- **Vary Your Veggies!**
- **Focus on Fruits!**
- **Half Your Grains Whole!**
- **Go Lean With Protein!**
- **Get Calcium-Rich Foods!**

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Serving Sizes	
Dairy	
	2 cups cottage cheese
	8 oz yogurt
	1 1/2 oz cheese
	1 cup milk
Grains:	
	1 slice bread
	1/2 cup rice, pasta, or oatmeal
	6 inch tortilla
Protein	
	1 oz meat, poultry or fish
	1/4 cup dry beans
	1 Tbsp peanut butter
	1 egg
	1/2 oz nuts

Key Nutrients

Calories

- Eat an additional 500-600 calories per day (may be more if you are having more than 2 babies)
- When increasing calories, include nutritious foods like lean meats, low-fat or fat-free dairy products, fruits, vegetables, and whole grains
- Try to eat 3 meals and 3 snacks each day

Increasing Weight Gain

- Eat small portions throughout the day
- Foods high in calories:
 - **Fruits:** bananas, cherries, pineapple, pears, grapes, dried fruit
 - **Vegetables:** potatoes, carrots, corn, peas, sweet potatoes
 - **Fats:** peanut butter, avocado, olive oil, canola oil, peanut oil
 - **Proteins:** beans, meat, poultry with skin, eggs, fatty fish

Vitamins and Minerals

- Take a Prenatal vitamin with folic acid, calcium, and iron
- Ask your doctor if you need additional vitamins and minerals including Omega 3s, zinc, copper, Vitamin B-6, calcium, and Vitamin C
- Eat iron-rich foods such as meat or poultry, beans, leafy green vegetables, and iron-fortified cereals

Comfort Tips

- Eat small, frequent meals
- Drink at least 12 cups of fluids daily
- Sip on fluids between meals rather than at mealtimes
- Stay up-right after eating for 1-2 hours

Make Healthy Choices

Alcohol

- Pregnant women and women who may become pregnant should not drink alcohol. Any amount of alcohol during pregnancy could cause problems for your babies

Herbal Teas

- Certain herbal teas can be very harmful during pregnancy
- Some herbal teas **do not list all** of the herbs in the tea, so only use herbal teas that you know are safe
- Ask your health care provider if it is safe to use herbal teas

Food Safety

Avoid

- Albacore tuna, shark, swordfish, king mackerel and tilefish
- Unpasteurized milk and juices
- Hot dogs, lunch meats and deli meats
- Raw sprouts, including bean and alfalfa sprouts
- Raw eggs (undercooked eggs - raw cookie dough)
- Raw fish such as sushi
- Soft cheeses - brie, feta, queso fresco and queso blanco

Other Tips

- Make sure foods are cooked thoroughly
- Wash all fruits and vegetables before use
- Check expiration dates
- Discard any foods that can spoil if left out at room temperature for longer than 2 hours

Breastfeeding Benefits

- Can reduce hospital stay/cost of premature infants
- Breast milk is more easily digested than formula
- Increased fat in breast milk can help with brain development, which is especially important for premature infants
- Decreased risk for infections

Let your doctor know that you are planning to breastfeed your babies. Ask for help from the lactation counselor. Contact your WIC peer counselor if you would like additional help with breastfeeding multiples.

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Adapted from Academy of Nutrition and Dietetics Nutrition Care Manual and <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Providing-Breastmilk-for-Premature-and-III-Newborns.aspx>, 2/16