

PROTEIN IN PREGNANCY



Protein is the building blocks of cells and is critically important in pregnancy. Getting adequate protein in pregnancy balances blood sugar, improves fetal brain development, reduces your risk of developing preeclampsia, and improves micronutrient stores.

Different sources of protein contain different types of amino acids, so variety is key! Rotate through different types of protein each day.

Recommended amounts:

min 80 g/day

min 100 g/day in later
pregnancy

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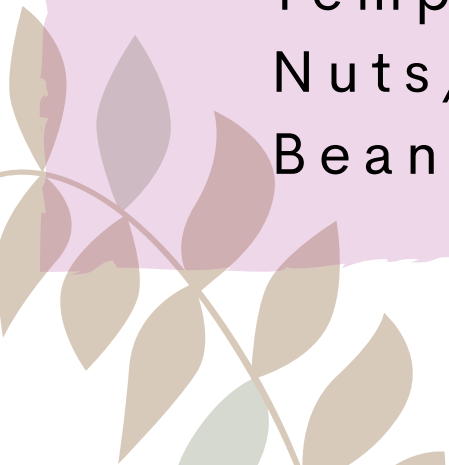


Animal Protein Sources:

Beef	Tuna	Beef
Chicken	Organ meat	Chicken
Pork	(liver, heart kidney)	Pork
Lamb	Eggs	Lamb
Turkey	Cheese	Turkey
Salmon	Full-fat yogurt	Salmon

Plant Protein Sources:

Lentils	Tofu
Chickpeas	Sprouted grains
Tempeh	Hemp seeds
Nuts/seeds	Edamame
Beans	Quinoa



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Protein Quality:

In general, you should buy the highest quality protein that you can afford. Animal products from pastured, grass-fed, organic sources has significantly more nutrients and a better ratio of omega:6 to omega:3 fatty acids, making it less inflammatory. Conventional animal products also contain synthetic hormones, which have a significant impact on our own hormonal system.

Collagen Powder

Collagen powder is very high in the amino acid glycine, which is very important for pregnancy. Add collagen powder to tea, smoothies, or water daily for added protein.