

## Nutrition for Pregnancy While on Dialysis

During pregnancy, your nutritional needs change as your baby grows and develops. Focus on a balanced diet that includes vegetables, fruits, whole grains, legumes, nuts, lean meats like chicken, and fatty fish. Your Registered Dietitian can help you make the best food decisions even if you have pregnancy symptoms or different food preferences.

### Enjoy a healthy, balanced diet:

- Every day, try to eat vegetables, fruits, whole grains, legumes, nuts, and lean meats like lean beef, chicken, and fatty fish
- Talk to your dietitian about your cultural preferences, pregnancy symptoms, and anything else that might change the way you want to eat
- If your dialysis prescription has changed, you may need to eat more. You may be able to eat foods that you were avoiding before. Talk to your dietitian about your options



## Pregnancy Nutrition Basics by Trimester

	1st Trimester	2nd Trimester	3rd Trimester
<b>Calories</b> – this is the energy we get from our food.	During this time, your baby does not need extra energy. Your calorie needs are the same as before.	During this time your baby grows a lot, so you need more calories. Adding 300 more calories per day is a good goal.	
<b>Protein</b> – this is what our body uses to build and repair itself.	Continue to eat a high protein diet through your entire pregnancy. Sometimes pregnancy causes you to not want to eat meat. Your dietitian can help by recommending protein bars, drinks, and/or IDPN therapy.		
<b>Fat</b> – healthy fats are good for you and your baby, especially your baby's growing brain.	Focus on getting fat in your diet from fish, eggs, nuts, nut butters, soybeans, olive oil, and safflower oil.		
<b>Fluids</b>	Ask your dietitian what amount of fluid is okay. You may be able to have more fluids if you are going to dialysis more often.		
<b>Sodium</b>	Continue to limit sodium in your diet. Check food labels for high sodium levels.		
<b>Iron Calcium Potassium Phosphorous Magnesium B vitamins</b>	During pregnancy you will probably be doing dialysis more often. That means you might need to supplement some of these nutrients, or get more from the food you eat. Talk to your dietitian for more information.		

# Nutrition Pregnancy While on Dialysis Word Search

C	Y	D	A	V	D	T	X	H	I	L	R	S	N	I	C	F	C	T	K	O	J	A	Y
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**BEEF**  
**GRAPES**  
**GREEN BEANS**  
**SALMON**

**EGGS**  
**TURKEY**  
**LEGUMES**  
**CHICKEN**

**TUNA**  
**BROCCOLI**  
**ZUCCHINI**  
**STRAWBERRIES**

**NUTS**  
**BLUEBERRIES**  
**RASPBERRIES**  
**WHOLE-GRAIN**