



## **CHINESE FOOD THERAPY DURING PREGNANCY**

Good nutrition is essential for properly nourishing a developing fetus. Here are some tips for maintaining healthy nutrition during pregnancy:

- eat small meals every 2 hours
- add protein to each meal or snack to maintain blood sugar stability
- always carry snacks
- if you wake up at night, eat a snack
- eat cooked, easy to digest foods (i.e. soup, congee, slow-cooker meals)
- avoid sugar and white carbs (spikes blood sugar & causes fatigue)

### **Foods to eat during pregnancy:**

- chicken soup, vegetable soup, black bean soup, egg drop soup or lentil
- oatmeal or congee
- pastured organic eggs (w/ yolk)
- fresh vegetables
- organic free-range chicken
- lamb
- turkey
- grass-fed organic beef
- quinoa
- barley
- wild rice
- black beans
- lentils
- millet
- nuts (especially walnuts)
- strawberries (organic)
- raspberries (organic)
- cherries
- winter squash
- sweet potato
- organic pastured butter
- onions
- garlic
- ginger
- cinnamon
- fennel



### **What to drink during pregnancy:**

- Plenty of water!
- Coconut water - 16+ oz. per day
  - boosts electrolytes, reduces leg cramps, increases amniotic fluid
- Hydrating caffeine-free tea (add organic raw honey & himalayan salt)
  - ginger tea
    - great for nausea & poor appetite
  - chamomile tea
    - calms stress & promotes peaceful sleep
  - peppermint tea
    - soothes the digestive system

### **What to *AVOID* during pregnancy:**

- ice-cold drinks (drink fluids warm or at room-temperature)
- excessive cold foods (i.e. salads, ice cream, frozen foods)
- raw fish & shellfish (i.e. sushi)
- undercooked or raw eggs (cook eggs until yolk is firm)
- refrigerated smoked seafood (i.e. lox)
- undercooked meat (i.e. rare meat, raw oysters, clams, raw eggs)
- hot dogs & processed lunch meats (i.e. deli ham, salami, bologna, etc.)
- seafood high in mercury (i.e. swordfish, shark, king mackerel, tilefish, albacore tuna)
- BPA found in canned foods & plastics (disrupts endocrine system)
- soft unpasteurized cheeses (i.e. brie, feta, camembert, roquefort, queso blanco & queso fresco)
- alcohol (depletes oxygen & nutrients to baby, affects physical & intellectual development)
- caffeine (including coffee, caffeinated teas, iced tea, soft drinks, etc.)
  - increases chance of miscarriage, low birth weight & stillbirth

### **LOW AMNIOTIC FLUID**

To increase amniotic fluid when low:

- Coconut water (from real coconut + coconut meat)
- Miso soup
- Spirulina



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## **CONGEE RECIPE FOR MORNING SICKNESS**

### Ingredients:

- 6 - 8 cups of water
- 1 cup of millet, quinoa or jasmine rice
- 1 tsp. of raw organic honey
- 1 TBSP of organic pastured butter
- 1/2 tsp. of Himalayan (pink) salt

Directions: Add water to a large pot and bring to a boil. Add millet to the pan once the water is boiling. Add the honey, butter and salt to the pot. Reduce the heat to low and simmer for 2 minutes. Pour everything into a slow-cooker set on low and let cook for 6 - 8 hours (or overnight).

Serve with your preference of fresh fruit, nuts, ground flaxseeds or vegetables and spices.

### Sweet:

Add fresh berries or apples and walnuts with a dash of cinnamon.

### Savory:

Add cooked chicken and veggies with ginger and garlic.

For nausea: add julienned carrots and ground ginger, ground fennel seed and ground mustard. Add during last 10 minutes of cook time.