



Liberty Midwifery Nutritional and Supplemental Guidelines

Good nutrition is the foundation to a healthy mom and baby!

Nutrition is the foundation on which the house of your growing child is built. If we think of nutrition like building a house, you would desire all the best materials to do so with — particularly if this house was the house we planned to live in for the rest of our lives. Transitioning this into reality is that the body being built inside you is the body your baby will live the rest of their life in, and the quality of the foods you eat will make a difference not only in your pregnancy, but in the quality of life you will be giving to your little one.

The following are nutritional guidelines to shoot for throughout your pregnancy. It's simply a snapshot of some things we encourage to prevent many issues that may arise, such as preeclampsia, preterm labor, irritable uterus, urinary tract infections, low energy, mineral imbalances — just to name a few. Let's start with this one:

Protein

We recommend 60-80 g of protein each day. Some women need more (such as those showing signs of gestational diabetes, pregnancy induced hypertension or preeclampsia.)

High protein foods

- **Dairy:** 1-2 servings per day: hard cheeses, cottage cheese, eggs, Greek yogurt (get one low in sugar with no artificial sweetener such as Oikos triple zero, Maple Hill, or Siggis)
- **Meat:** 2-3 servings per day: beef, chicken, pork, Buffalo, turkey, lamb etc.
- **Fish** is not necessarily recommended due to the fact that all fish has found to have mercury and is not safe for pregnancy, so keep that in mind should you decide to incorporate fish into your diet during pregnancy. Salmon, tuna and cod are good options for reference.
- **Seeds, nuts, legumes:** 1-2 servings per day: peanuts, almonds, pecans, pistachios, sunflower seeds, pumpkin seeds, flaxseeds, pepitas, peas, lentils, chickpeas, brown, fermented tofu, red and white beans.

Complex Carbohydrates

We recommend **no more than 240 g of complex carbs per day**. Carbs are broken down into glucose (sugar) which becomes immediately available for use as energy. This is why carbs can affect blood sugar so quickly. So complex carbs contain fiber which helps keep blood sugar steady. No meal or snack should contain more than 25% of your total carb count for the day.

Healthy are complex carbs; sprouted is better.

Whole grains = brown rice (such as jasmine or basmati), wild rice, sprouted rice, black rice, millet, chickpeas, old-fashioned or steel cut oats, barley, sweet potatoes, spelt, butternut squash, sprouted whole grain bread, whole wheat sourdough bread, quinoa etc.

Simple carbohydrates = fruit. We recommend one to two servings or pieces of fruit per day. One cup of these equals 1 serving. The best way to incorporate fruits is to eat a variety of colors by alternating what you buy. Pair your fruit with a protein source (see protein guide).

Best fruits include:

- **Berries** such as strawberries, blueberries, raspberries, blackberries, and cranberries are the best ways to get fruit and maintain a steady blood glucose level. Add your berries to plain full-fat Greek yogurt with some natural sweetener (or natural protein powder), or eat them with nuts or in cottage cheese. Be creative!
- **Pomes** such as apples and pears are a great source of fiber and can be eaten in salads or with your favorite nut butter. Throw them in a smoothie with some collagen or whole milk. Again, be creative.
- **Citrus** such as tangerines, grapefruit, & oranges can pair well with a high-protein breakfast, but are a bit higher on the glycemic index, so be careful with these delicious fruits.

- **Other fruits** such as plums, kiwi, cherries, peaches and cantaloupe are also healthy fruits that go great with those high protein meals. If you choose to eat one of these is a snack, don't forget the protein!

Dark Leafy Vegetables

We recommend two good serving sizes of dark leafy greens per day. Throw them in your smoothie, soups and casseroles or eat them raw on your salads. Remember the darker, the better!

Some ideas: Kale, collard greens, spinach, cabbage, romaine, Swiss chard, arugula, bok choy, broccoli, turnip greens, rainbow chard, sweet potato greens, mustard greens and beet greens.

Non-Starchy Vegetables and "Fruits"

We recommend *lots* of fresh and frozen non-starchy veggies every day. Include many different colors when choosing vegetables.

Some ideas:

- Red/purple: bell peppers, tomatoes, beets, radishes, cabbage, eggplant, carrots
- Yellow/orange: bell peppers, pumpkin, squash, golden beets, yellow beans, carrots.
- Green: broccoli, green beans, celery, asparagus, okra, avocado, cucumber, zucchini, brussels sprouts, olives.

Vegetables to eat in moderation

- sweet potatoes, white potatoes, peas, carrots and corn

Fats

Fats should make up to 30% of your total calories each day. This equals 83g of fat for a 2,500 calorie diet. Fats are important for the proper development of your baby's nervous system, brain and lymphatic system. We do not recommend low fat dairy products.

Healthy fats include ghee, butter, olive oil, avocado oil, grapeseed oil, coconut oil, flaxseed oil, chia seeds, olives, meats, MCT oil.

Sodium

We recommend salting your food to taste. This means using salt to satisfy your palate. Every cell in your body requires sodium, so we do not recommend you restrict salt during pregnancy. We recommend you consume mineral salt instead of white table salt. Table salt is stripped from its minerals and highly processed.

Healthy salts include Himalayan salt, Celtic sea salt, real salt, red Hawaiian salt, French gray, black Hawaiian, pure sea salt. Check out SeaSalt.com for all these varieties.

Water

It is vital to stay hydrated during pregnancy. Being dehydrated is a major factor in common complaints during pregnancy, as well as risks of the baby such as irritable uterus, headaches, high blood pressure, preterm labor, amniotic fluid, and overheating. To ensure you're getting enough water, take your body weight and divide it in half. That's how many ounces you should drink per day. Soak fruits and berries in water to add flavor.

Add a slice of lemon to your glass of water with a pinch of salt (not enough salt to taste). Also drink coconut water or cactus water as long as its low on sugar. It's also fine to substitute 1 quart of water per day or no-caffeine herbal teas. If you drink bottled water, make sure it has minerals. If it doesn't, you can buy a bottle of trace minerals and add a dropper to the each bottle. Same applies if you have filtered water at home. Fuji and Evian both have a mineral contents.

Timing meals and snacks

Having something to eat every 2-3 hours can help keep you and your baby's blood sugar stable and reduce nausea, fatigue, and indigestion. Always combine protein with your meals and snacks. We like for you to have fat, carbs, and protein each time you eat. Women find themselves feeling better when they eat 6 small meals per day. Having a snack, such as a low-sugar protein bar, or protein shake, when you get up to go the bathroom at night can help curb those early morning nausea bouts because this helps prevent your blood sugar from dipping too low and causing vomiting.

Avoid

- Processed foods, refined sugars and flours, white rice, white pasta, box mixes, cold cereal, and highly processed meat which contain nitrates and nitrites such as bacon, pepperoni, sausage, and lunch meats. Nitrates and nitrites are preservatives in foods that are not broken down in your intestinal tract. Because of this, they have been associated with higher rates of colon cancer.

- GMOs: Genetically modified foods (genetically engineered by an engineer) are produced from organisms where changes to the DNA have been made so that they are resistant to the effects of pesticides. Plus, this is evidence that can cause toxic effects to the hepatic, pancreatic, renal, reproductive systems as well as alter the hematological, biochemical and immunological parameters. Avoiding GMOs is important for everyone, but especially during pregnancy as much as possible.

Organic

Pesticides have a known correlation to allergies, weight, the nervous system, neurological system, Parkinson’s disease, diabetes, and some types of cancer. These factors are especially concerning in early life. Avoiding them during pregnancy is the best route to go if at all possible.

What to buy organic/non-GMO	
Every year, the EWG produces a guide to pesticides in produce. To see the full list, go to EWG.org 2019 Dirty Dozen.	The non-GMO project is a mission driven group that tests crops and animal products and creates a high-risk list to inform consumers.
Buy these organic if possible:	These are most likely genetically modified:
Strawberries	Alfalfa
Spinach	Canola
Kale	Corn
Nectarines	Cotton
Apples	Papaya
Grapes	Soy
Peaches	Sugar
Cherries	Beet, zucchini, yellow squash
Pears	Meat
Tomatoes	Milk
Celery	Honey
Potatoes	Eggs

Common ingredients derived from GMO crops

Amino acids, aspartame, ascorbic acid, sodium ascorbate, citric acid, sodium citrate, ethanol, natural flavoring, corn syrup, hydrolysis vegetable protein, lactic acid, maltodextrin, molasses, mono sodium glutamate (MSG), sucrose, textured vegetable protein (TVP), xanthan gum, vitamins, yeast products.

Protein Guide - g = grams

Meat/Eggs

Eggs: 2 = 12g

Ground beef: 1oz 80% fat = 5g

Steak:

- Beef top sirloin: 8oz = 64g

- Ribeye: 6oz = 42g

- Flank: 8oz = 64g

Beef brisket: 3oz = 18g

Chicken breast: 3oz = 18g

Lamb: 3oz = 21g

Ham: 1c = 29g
Pork chops: 1 chop = 52g
Turkey (whole roasted): 4oz = 28g
Veal: 3oz = 21g
Hot dogs:
- Turkey = 6g
- Beef = 5g
- Pork = 5g
Clams/steamed: 3oz = 22g
Cod: 1 filet = 20g
Crab legs: 3oz = 16g
Flounder: 1 filet = 20g
Haddock: 3oz = 18g
Lobster tail: 1/2 med = 18g
Halibut: 3oz = 19.2g
Shrimp: 6oz 28g
Canned Tuna: 1/4c = 10g
Salmon: 4oz = 24g

Nuts

Sunflower seeds: 1/2c = 12g
Almonds/cashews: 1/2c = 12g
Peanuts: 1/2c = 16g
Peanut butter: 2tbsp = 8g
Walnuts: 1/2 = 8g
Brewers yeast: 3tbsp = 8g

Dairy/Alternatives

Greek yogurt: 3/4c = 17g
Halo Top ice cream: 1/2c = 5g
Cheese
- Cottage: 1c = 21g
- Cheddar: 1 slice = 5g
- Swiss: 1oz = 5g
Unsweetened almond milk: 1c = 1g
Kefir: 1c = 11g

Vegetables/Fruit

Artichoke: 4.2g
Asparagus: 1c = 2.9g
Beans
- Green: 1c = 1.8g
- Lima: 1c = 1.5g
- Navy: 1c = 6g
- Red Kidney: 1c = 14g

- Black: 1c = 14g
Beet greens: 1c = 2.2g
Broccoli: 1c = 2.6g
Cabbage: 1c = 1g
Cauliflower: 1c = 2.1g
Celery: 1c = 1g
Corn: 1c = 5.4g (higher in carbs)
Lentils: 1c = 18g
Mushrooms: 2.2g
Peas: 1c = 8g
Split peas, raw: 1c = 48g
Chick peas: 1c = 14.5

Potatoes

- White: 1 med = 3.6g (5g fiber)
- Sweet: 1 med = 2g (4g fiber)

Squash

- Zucchini: 1 med = 2.4g
- Winter: 1c = 4g
Tomatoes: 1c = 2g
Turnip greens: 1c = 0.8g

Fruit

Avocado = 1-2g
Guava: 1c = 4.2g
Kiwi: 1c = 2.1g
Blackberries: 1c = 2g
Dates: 2 = 0.8

Bread/Grains

Bread

- Sprouted grain: 1 slice = 5g
- Whole grain: 1 slice = 6g
- Rye: 1 slice = 3g
- Whole wheat: 1 slice = 6g
Whole wheat flour: 1c = 16g
Dreamfields spaghetti: 2oz = 7g
Whole wheat spaghetti: 2oz = 7g
Dreamfields macaroni: 2oz = 7g
Quinoa tricolor: 1c dry = 28g
Brown rice: 1c = 16g
Oatmeal: 1c = 10g
Wild rice: 1c = 16g
Basmati rice: 1c = 12g

Sneaky Ways to Increase Your Protein *You need 1g of protein for every 2g of carb.*

Protein shakes

From whey isolate or pea protein, some good brands include Swanson, Garden of Life, Orgain, Trim Healthy Mama, Purely Inspired, & PlantFusion. There are many brands available, just look for non-GMO and be aware of the carb content.

Protein bars: Look for protein bars that are not overly sweetened, like Kind Bars, Trim Healthy Mama, and Think Again. There are many brands, just make sure there isn't more sugar than protein.

Non-GMO Fermented Soy

These include tempeh, tamari, miso, bean curd or nutto. You can usually find these at a health food store or Asian market. Avoid tofu, soy milk, soy ice cream, soy flour, and soy nuts (as these are typically GMO and not organic).

Cheese: add grated cheese to eggs, sandwiches, casseroles, salads, low carb tortillas, and refried beans. Add frozen berries to cottage or ricotta cheese with some stevia, protein powder, or a small amount of honey in a blender for a sweet treat.

Collagen

There are two forms of collagen: gelatin and hydrolyzed. Gelatins are good to make puddings and hydrolyzed are good for putting in hot or cold liquids like soups, coffee, oatmeal, smoothies, casseroles, etc. It dissolves easily and is tasteless, and is a great way to sneak protein into any meal or drink. Some good brands are Great Lakes, Sports Research, Vital Proteins, BioOptimal, and Trim Healthy Mama.

Pro tip: Take collagen in the evening for best internal benefits and absorption.

Non-fat Dry Milk

Dried milk comes from dairy, goats, and coconuts, etc. Like collagen, dried milk can be added to hamburgers, meatballs, casseroles, and breads. Brands include Judee's, Anthony's, and Z Natural

Greek Yogurt

This is a good base for smoothies and if you get it plain, you can use it in place of sour cream for higher protein. Add fruits, nuts, and seeds, to have a healthy snack.

Pro tip: mix a serving of Greek yogurt, cottage cheese, with vanilla protein powder, favorite frozen fruit or berry, whip in the blender and refreeze for a refreshing high-protein ice cream!

Hemp Hearts

Three tbsp has about 10g of protein and can be sprinkled on oatmeal, salads, granola, yogurt, etc.

Boiled Eggs

Keep these in the fridge for snacking or crumbling on salads or whip up some deviled eggs for a quick snack throughout the day.

Pro tip: for a quick and easy peeling job, boil water and use a spoon to place eggs in the boiling water. Boil for 8-10 mins (depending on preferred hardness of yolk) and immediately remove from boiling water to ice-cold water for a shocking affect. Eggs should peel easily!

Nuts/Seeds

These can be added to salads, eaten by the handfuls, sprinkled into oatmeal and yogurt for a protein boost. Nut butters are a great way to get needed protein as well. Throw a few tbsp on an apple or celery for a quick, tasty snack. Note that nuts and nut butters are higher in fats and a great way to increase calories if you are struggling with calorie intake.

Wheat Germ

This is another good item for a sprinkling in salads, oatmeal, yogurts, casseroles etc.

Brewers Yeast

This tasty powder is a great source of B vitamins and many use it as a replacement for cheese and can be sprinkled on salads, soups, sandwiches, and casseroles.

Beans

A great source of protein and fiber.

Not All Protein in Alike

Protein is built from building blocks called amino acids. Our bodies make amino acids in two different ways: either from scratch, or by modifying others. A few amino acids (known as essential amino acids) must come from food.

- Animal sources of protein tend to deliver all amino acids we need.
- Other protein sources, such as fruits, vegetables, grains, nuts and seeds, lack one or more essential amino acids.

Vegetarians need to be aware of this. People who don't eat meat, fish, poultry, eggs, or dairy products need to eat a variety of protein-containing foods each day in order to get all the aminos needs to make a complete protein.

Combining Vegetable Proteins to Make a Complete Protein:

- Rice + legumes
- Corn + legumes

- Wheat + legumes
- Wheat + sesame + soybeans
- Sesame + rice + Brewers Yeast
- Beans + corn
- Vegetables + mushrooms/nuts/sesame seeds

Be careful drinking milk for protein because it is also a source of carbohydrates (sugar).

Glycemic Index

These foods are not necessarily recommended to avoid during pregnancy, they are only used as a comparison.

Food	Value	Food	Value	Food	Value
Green peas	48	Pancakes	67	Banana	56
Carrots	49	Syrup	76	Kiwi	52
Corn	60	Jasmine rice	50	Watermelon	72
Oatmeal	49	Wild rice	57	Plain bagel	33
Grapes	46	Brown rice	55	Broccoli	10
Cheerios	74	White sugar	68	Ice cream	60
French fries	75	Honey	55	Whole milk	30

Good food sources

Iron

Red meat, spinach and other dark leafy greens, shellfish, pumpkin seeds, quinoa, turkey, organ meat, liver, legumes, broccoli, peas, strawberries, raisins, ribose tea, dark chocolate, Lillys chocolate sweetened with Stevia. Avoid black/green/white tea, milk and calcium supplements with iron sources, as they fight for the same receptors to be absorbed.

Calcium

Dark greens leafy vegetables, sesame seeds, almonds, sunflower seeds, cheese, yogurt, milk, soy beans, bonemeal, watercress, raw beet juice, molasses, whole grains, alfalfa, nettles, eggs, dried fruits, parsley, dry seaweed

Vitamin C

Rose hips, citrus fruits, dark leafy vegetables, green/yellow/orange/red bell peppers, cabbage, broccoli, paprika, tomatoes, alfalfa, sprouts, Cantaloupe, strawberries, and nettles

Vitamin D

Sunshine, egg yolks, bonemeal, sunflower seeds, fish oils, tuna, salmon, and nettles

Vitamin E

Dark green leafy vegetables, wheat germ, egg, sunflower seeds, nuts, molasses, and sweet potatoes

Vitamin B6

Green leafy vegetables, wheat germ, nutritional yeast, blackstrap molasses, prunes, nuts, cabbage, bananas, and sunflower seeds

Vitamin K

Alfalfa, nettles, kelp, shepherds purse, egg yolk, sunflower oil, cauliflower, Kiefer, and dark leafy vegetables

Vitamin B12

Cheese, milk, yeast, soybeans, wheat germ oil, comfrey, fish, pickles and spirulina

Folate

Leafy greens uncooked, nutritional yeast, mushrooms, milk, cheese, whole grains, and dates

Niacin

Legumes, nutritional yeast, milk products, rice bran, seeds, whole grains, lean meat, poultry, and fish

Riboflavin

Leafy greens, mushrooms, brown rice, black strap molasses, and nutritional yeast

Thiamine

Brown rice, nutritional yeast, whole grains, blackstrap molasses, meat, fish, and poultry

Phosphorus

Seeds, legumes, grains, eggs, yellow cheeses, fish, meat, tofu, and poultry

Iodine

Kelp, leafy greens, iodized salt, sea salt

Magnesium

Honey, green leafy vegetables, nuts, dried beans, spinach, kale, bran, alfalfa, seafood, and whole grain

Zinc

Soy beans, spinach, sunflower seeds, nutritional yeast, comfrey, whole wheat, oysters, bran, and pumpkin seeds

Supplements

Please ask the midwife before taking any supplements or over-the-counter medications. Some herbs are also considered very dangerous (such as blue and black cohosh and castor oil).

Beef Liver

Beef liver is one of the most nutrient-dense foods that is available for consumption. It's a rich source of B vitamins and vitamin A. Animal retinol (vitamin A is the synthetic form of this) is important for conversion of cholesterol into progesterone. Rich in minerals, specifically copper, which is needed for cellular energy, as well as healthy fertility. The best way to freeze it, grate it, pop it into a smoothie, or take a tbs of the frozen with a glass of water or with your smoothie. If this is abhorrent, a desiccated form is a great way to get your daily intake. Ancestral Supplements, Heart & Soil, and Perfect Supplements are great brands. Follow the dosage as directed. This is also the best way to keep iron levels up and provides a balanced way of doing so.

Prenatal vitamins

There are many brands of high quality prenats but here are a few we regularly recommend: Garden of Life Vitamin Code Raw Prenatal, Mama Bird, Thorne, SmartyPants gummies (be aware these do not contain enough of each vitamin so you may run into deficiencies and need to double up), Intimate Rose, Pink Stork (capsule or liquid), Zahler, MaryRuth's Liquid Prenatal, and Pure Encapsulations.

Prenats that have three serving sizes are superior to one a day prenats because they deliver vitamins throughout the day and can be used by the body better this way. Make sure the vitamin you choose has vitamins A, C, D3, E, K, B1, B2, B3, B6, Folate, B12, Biotin, Pantothenic Acid, Calcium, Iron, Iodine, Magnesium, Zinc, Selenium, Copper, Chromium, and Molybdenum. DHA and Omegas are a great bonus and highly recommended!

Calcium

Calcium citrate is the best utilized form during pregnancy. The Now brand is inexpensive and non-GMO. A calcium and magnesium supplement is suggested daily to prevent the development of leg cramps or experience excessive Braxton Hicks. Avoid calcium carbonate which is in TUMS because it isn't utilized by the body and can deposit in unwanted places. You can take 1000-2,000mg of calcium citrate with magnesium. If the supplement you find also has vitamin D, that is okay.

Iron

Liquid chlorophyll can raise hemoglobin. You may also need to take a blood builder such as HemaPlex tablets (not softgels) or Thorne ferrousorb. Individual vitamins that increase red blood cells and help raise iron are B12, B9, B6, and vitamin C. It is important to avoid calcium and black, green, and white tea within four hours of taking iron as these block the absorption of iron. Desiccated beef liver can be very effective in raising iron levels and can often be used to replace a prenatal vitamin, as well as a iron supplement.

Probiotics

We recommend starting a probiotic at the beginning of pregnancy and regularly consuming kefir drinks, kombucha, and yogurt. In particular, probiotics can help reduce the incidence of GBS, UTIs, constipation, diarrhea, and high blood pressure. There are two strains to look for when it comes to reducing GBS which is lactobacillus rhanmosus and lactobacillus reuteri. We've found that Garden of Life Once Women's Daily has both strains with high amounts of CFUs.

Magnesium

This is a vital mineral that most are deficient in. Magnesium glycinate and malate are less likely to cause bowel irritability and highly utilized in the body. Magnesium citrate is usually recommended if you're constipated. You need at least 400mg of magnesium a day, so it is very possible you'll need more than that is in your prenatal. Getting a magnesium supplement with calcium is okay. Magnesium is required to activate vitamin D in your body.

Vitamin D3/K2

If you test low in vitamin D, we recommend adding 5000 units (125mcg) of D3 into your daily regimen. However, you may also need to take around 200mcg of vitamin K2 when taking this much vitamin D. Vitamin K2 helps to move calcium around to the body and deposit it in places like yours and your baby's teeth and bones rather than in your kidneys, arteries, and placenta. It is essential to take extra magnesium and taking vitamin D in order to be activated. Other cofactors besides magnesium are vitamin A, boron, and zinc. Take no more than 40 mg of zinc per day. We have only found one product so far that has D3, magnesium, zinc, boron, and vitamin K which is the Dr. Whitaker's BeyondD3, which works effectively for increasing vitamin D levels.

MTHFR

MTHFR is "methylene tetrahydrofolate reductase" and is important for a chemical reaction involving the vitamin folate (also called vitamin B9) and B12. Specifically, this enzyme converts a form of folate called 5,10-methylene tetrahydrofolate to a different form of folate called 5-methyl tetrahydrofolate. This is the primary form of folate found in blood, and is necessary for the multistep process that converts the amino acid homocysteine to another amino acid, methionine.

The body uses methionine to make proteins and other important compounds" (NIH). Studies show MTHFR gene mutations can cause neural tube defects, anencephaly, homocystinuria, alopecia, age related earing loss, midline defects (tongue/lip ties, speech delays, migraine, esophageal defects, anal/rectal defects, diaphragmatic defects, and abdominal wall defects, conotruncal heart defects, oral facial clefts). In order to get a diagnosis to see if you have this gene mutation, you need a genetic test. If you have ever done an ancestry type test, this information can be used to see what your MTHFR status is by downloading your "raw data" from your genetic test and uploading that data into one of many websites (such as Promethease) that analyze raw data.

Heartburn

Papaya enzymes and apple cider vinegar can help digest foods and can be taken immediately after you eat. Baking soda and water can neutralize acid and bring immediate relief. AVOID Tums because of the type of calcium.

Headaches

Tylenol can be taken in moderation during pregnancy, but if you need to take it more than once, call the midwives. Peppermint essential oil on the back of the neck can help. You can help prevent headaches by eating balanced meals throughout the day and staying hydrated. Make sure you are drinking mineral water especially if you buy bottled

water. If your water doesn't have minerals, add some trace minerals to it. Low magnesium can also cause headaches so be sure your prenatal has at least 400 mg.

Constipation

Eat fiber-rich foods like berries, oatmeal, quinoa, flaxseed, and cooked veggies. Add 1-2 tablespoons of coconut, avocado, or MCT oil to a smoothie, snack or protein drink. Drink warm tea and go for a walk. Probiotics (particularly *B. lactis* and *L. reuteri*), magnesium citrate (Natural Calm is a good powder), psyllium husk, inulin powder, Heather's Tummy Care, and Pink Stork constipation tea are good supplements. Also, consider elevating feet during elimination.

Diarrhea

A probiotic with *saccharomyces boulardii* can help. Avoid high fiber foods, avoid high fat foods, drink bone broth, take flaxseed oil, and try a BRATT diet. Contact your midwives if it lasts for more than 24 hours.

Tea

Herbal teas are great during pregnancy and can contain essential nutrients like magnesium, iron, vitamin A & C and calcium. Red raspberry tea (or Pregnancy tea) is safe throughout pregnancy and helps tone the uterus. Drink red raspberry tea with care and cease intake if you are not yet 37 weeks pregnant if you notice increased uterine activity, as it affects some more than others.

Herbal teas contain good amounts of minerals and are usually non-caffeinated. Rooibos tea is a great replacement for black, green and white teas which have tannins and can block iron absorption. You can replace 1 quart of your daily water needs with herbal teas.