

FOR IMMEDIATE RELEASE

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## **Healthy Beginnings: Simple Nutrition Tips for Expectant Mothers**

Proper nutrition during pregnancy plays a critical role in supporting the health of both mother and baby. A balanced, nutrient-dense diet during pregnancy can help reduce the risk of complications, support fetal development, and promote healthy birth outcomes. Eating healthy during pregnancy doesn't have to be expensive. With the high cost of food, many families are looking for ways to stretch their grocery dollars while still providing the nutrients necessary for a healthy pregnancy. Here are some budget-friendly tips to help expectant mothers meet their nutritional needs without overspending.

### Focus on Affordable, Nutrient-Dense Foods:

The Dietary Guidelines for Americans recommend building meals around simple, whole foods. Many of which are budget-friendly and easy to find:

- **Beans, lentils, and peanut butter** – low-cost sources of protein and iron
- **Eggs** are an excellent source of protein and choline, which helps with fetal brain development
- **Frozen or canned fruits and vegetables** are just as nutritious as fresh, and often last longer
- **Whole grains** like oatmeal, brown rice, and whole wheat bread are high in fiber and B vitamins
- **Milk, yogurt, or fortified alternatives** – offer the nutritional benefits of calcium and vitamin D

While food is a good source of essential nutrients, many healthcare providers recommend taking a prenatal vitamin as well to help fill any gaps.

### Affordable tips for eating healthy:

- Plan meals for the week and make a grocery list in advance
- Cook at home more often to reduce extra spending
- Drink more water and consider electrolyte add-ins, rather than splurging on sugary drinks
- Compare unit prices and look for sales on the food your family regularly eats

Expectant mothers should also keep in mind these basic guidelines:

- Avoid alcohol completely during pregnancy
- Limit caffeine intake (one cup of coffee per day is ideal)
- Choose low-mercury fish like canned tuna or salmon when possible
- Wash raw fruits and vegetables thoroughly before consumption

Good nutrition during pregnancy doesn't have to be complicated or costly. By choosing simple, affordable foods and making small changes, families can support a healthy pregnancy and give their baby a strong start.

For more information, visit <https://cdn.realfood.gov/DGA.pdf>, <https://fieldreport.caes.uga.edu/wp-content/uploads/generated-pub-pdfs/C-1349-01.pdf>, OR contact Arianna Oehme, Wildcat Extension District Health & Nutrition Program Assistant at [aoehme@ksu.edu](mailto:aoehme@ksu.edu) or (620)724-8233.

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