

Fueling the Pregnant Athlete

Athlete Scenerio

I have been a runner my whole life and want to keep exercising during my pregnancy. My doctor approved my exercise plan, set a target heart rate for exercise, and advised me to drink plenty of fluids and take my prenatal vitamin. I have cut back on my intensity but still enjoy exercising for an hour or more several times a week. I really want to do a half marathon before the 3rd trimester. How should I adapt my diet to support my exercise training without compromising my pregnancy?

Goals During Pregnancy

- Add approximately 300 calories per day to your diet during the second trimester and between 300 and 500 calories during the third trimester to meet increased energy requirements and support appropriate weight gain.
- Consume foods rich in calcium, vitamin D, iron, and folate daily to meet your increased nutrient needs.
- Consume adequate fluids and fiber-rich foods to promote bowel regularity.
- Choose lean protein-rich foods to aid in tissue growth.
- Select pasteurized dairy products, cooked eggs and meats, and low-mercury fish for food safety and to prevent foodborne illnesses.
- Follow sports nutrition recommendations for eating before, during, and after exercise.

Recommended Foods for the Pregnant Athlete

- Calcium sources: dairy products, dark-green leafy vegetables, calcium-fortified foods such as tofu and orange juice, legumes, nuts, seeds
- Iron sources: lean meat, poultry, fish, legumes, nuts, seeds, whole and enriched-grains
- Folate sources: legumes, fruits, vegetables, fortified grain products
- Low-mercury fish: sole, tilapia, salmon, haddock, whitefish, catfish, flounder

Written by SCAN registered dietitians (RDs). The key to optimal meal planning for athletes is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a SCAN Dietitian" at www.scandpg.org | 800.249.2875.



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Tips to Take With You

1. Take a prenatal vitamin and select a variety of nutrient-rich foods to meet your increased needs.
2. Protect yourself and your baby from potentially serious foodborne illnesses by strictly following food safety guidelines.
3. Monitor exercise and recovery heart rate and stay within recommended levels.

Contact SCAN

Web site: www.scandpg.org
Voice: 800.249.2875