

What To Do . . . When There's 2

(or more!!)

WOW! A big change is coming to your family! You may be worried that your babies might be small or come early. While some multiples do come early, eating well and gaining enough weight can help you beat the odds and come as close to your due date as possible. This may also help increase the chance that twins can stay right with you in the hospital and go home in just a few days.

How Much Weight Should I Gain?

*It may seem like a lot but a woman starting out at a normal weight should gain **40 to 56 pounds for a twin pregnancy**, even more if you were underweight before getting pregnant, smoke cigarettes, if it is your first pregnancy, or if you are a teenager. Try to gain 25# by the time you are 20 weeks along (halfway through!) and 38# by 28 weeks. It will be harder to eat at the end when it is crowded!*



What Should I Eat? And How Much?

- ❖ Eat often – **3 meals plus 3 snacks**. You will get full easily so spreading it out helps.
- ❖ Eat **lean protein** food with every meal and snack: lean meat like chicken, beef, ham, fish; cheese, peanut butter, eggs. Protein helps to keep your blood sugar from going too low.
- ❖ Eat **healthy fats** like the ones in fish (tuna, salmon, tilapia), nuts, peanut butter, and vegetable oils.
- ❖ Choose foods that have been **minimally processed**: fresh fruits and vegetables, beans, whole grains – these stabilize blood sugar and decrease constipation.
- ❖ Eat a **bedtime snack that includes dairy** – glass of milk, grilled cheese sandwich, cheese and crackers, plain yogurt topped with fruit and nuts.

Glucose (sugar in your blood) helps the babies' nervous systems and brains to develop properly. Eating every 2 to 3 hours can help prevent blood sugar from dropping too low. Fasting can trigger preterm labor/birth. Women expecting multiples are more likely to have blood sugar problems (both high and low).

What about Vitamins?

Taking a prenatal vitamin every day is extra important when you are expecting more than one baby. Vitamins help babies to grow better and be bigger at birth, help reduce the chance of mom's blood pressure going too high, even help the babies to grow better after birth. Ask your health care provider about a prenatal vitamin that includes **DHA**. This is a type of fat that helps babies' brains grow better to be smarter and have better social and communication skills. DHA is also found in many types of **fish** including shrimp, canned light tuna, salmon, Pollock, and catfish.



Water is very important during pregnancy. Eight – 16 oz glasses of water are recommended. Dehydration can cause preterm labor; water helps with constipation - and helps keep you cooler.

Easy Tuna Salad

7 oz tuna, drained

¼ cup mayonnaise or salad dressing

Option 1: add 1 tablespoon pickle relish

Option 2: add 1 hard cooked egg, chopped; ¼ cup chopped celery

Option 3: add ½ apple, chopped and 1 tablespoon nuts like pecans

Mix together and enjoy!

Tuna salad can be eaten on bread or toast, is good with crackers like Triscuits, or with tomato wedges. You can also make a Tuna Melt with tuna and mayonnaise on bread or toast, top with shredded cheese then melt in the oven under the broiler for 5 to 6 minutes.



Smoothie

1 cup plain yogurt

1 cup milk plus 2 tablespoons non fat dry milk

Fresh, frozen or canned fruit – Berries, bananas, or peaches are delicious!!

Blend and enjoy.

Peanut Butter – can be spread on crackers, bread, or toast; eaten with sliced apples, used on pancakes. Or, make a wrap – spread peanut butter on a whole wheat tortilla, wrap around a peeled banana, slice and eat. Great with a glass of milk!

Try a **grilled cheese sandwich**, made with whole wheat bread and 2 slices of cheese, for a snack. Or, put some shredded cheese on ½ of a whole wheat tortilla, fold, then warm in the microwave, add salsa if desired.

Snack on some **nuts**, or make a mix of nuts, dry WIC cereal like Cheerios, raisins, and a few M&M's.

Try adding **nonfat dry milk powder** to milk, hot chocolate, casseroles, cream soups, hot cereals, mashed potatoes, or pudding to increase calories, protein, calcium, and other nutrients.

Add **cheese** to scrambled eggs, on vegetables, on salads; use in casseroles, potatoes, soups. String cheese is easy to carry with you for a snack.

Add **avocado** slices to sandwiches and salads; use as a dip (guacamole!) for veggies, crackers, or tortilla chips.

Add cooked **eggs** to salads and sandwiches; have eggs or deviled eggs as a snack.

Add **instant breakfast drink** powder to a cup of milk.

