

Nutritional Recommendations for Expectant Mothers of Multiples

Recommended Weight Gain:

PRE-PREGNANCY WEIGHT	EARLY 0-20 WEEKS LB/WEEK	MID 21-28 WEEKS LB/WEEK	LATE 29- DELIVERY LB/WEEK	TOTAL LBS
Underweight	1.25 -1.75/wk	1.5-1.75/wk	1.25/wk	50-62 lbs
Normal weight	1-1.5	1.25-1.75	1	40-54 lbs
Overweight	1-1.25	1-1.5	1	38-47 lbs

From: Luke et al, Body Mass Index-Specific Weight Gains Associated with Optimal Birth Weights in Twin Pregnancies. J Reprod Medicine Vol 48, April 2003. pp 217-224

Menu Guidelines:

FOOD GROUP	SERVING SIZE	NUMBER OF SERVINGS
Dairy	8 oz. (1 cup) milk 8 oz. (1 cup) cottage cheese 8 oz. (1 cup) ice cream 1 oz. (1 slice) hard cheese	8
Meats, fish, poultry	1 oz	10
Eggs	1 fresh	2
Vegetables	½ cup cooked or 1 cup fresh	4
Fruits	½ cup or 1 fresh	7
Grains, breads	1oz, ¾ c. cooked, or 1 slice	10
Fats, oils, and nuts	1 Tbsp. oil, 1 pat butter, 1 oz. nuts	6

Adapted from When You're Expecting Twins, Triplets, or Quads, by Dr. Barbara Luke

Supplements:

- Iron (FeSO₄) 325 mg once a day
- Prenatal Vitamin
- Folic Acid 1 mg per day

Eat 3 meals a day plus 4 substantial snacks