

HEALTHY EATING DURING PREGNANCY



During pregnancy you will need to meet the nutrition needs of both you and your baby through the foods you choose to eat and drink.

- During the first trimester (weeks 1 – 12) your calorie needs do not change. For good nutrition, choose a variety of foods including: fruits, vegetables, low-fat dairy, whole-grains and lean proteins.
- During your second and third trimesters (weeks 13 – 40), you will need an extra 300 calories per day for your baby. Here are some examples of 300 calorie mini-meals:
 - 1 cup nonfat yogurt plus ½ cup of fruit
 - Peanut butter and jelly sandwich (2 slices whole wheat bread, 1½ Tablespoons peanut butter and 2 teaspoons of jelly)
 - One whole grain pita bread with 4 Tablespoons of hummus
- Talk to your dietitian about creating your own healthy snacks.












If you are expecting more than one baby, talk with your dietitian or doctor about your individual calorie needs.

Support good health during pregnancy by eating a variety of foods. Use the plate model below, (based on a 9 inch plate) to help plan a balanced meal.



FOOD GROUPS DURING PREGNANCY

Eat a well-balanced diet that includes a variety of foods. Each food group has many important vitamins, minerals, and other nutrients to support your baby's growth and development. Limit high-fat foods and simple carbohydrates (soda, syrup, sugar, fruit juice, and candy) to prevent excess weight gain.

Food Group	Servings per day	Serving Sizes
Dairy	3 	1 cup milk (cow's, calcium-fortified soy or rice) 1 cup yogurt 1 ½ ounce hard cheese (cheddar, Swiss, mozzarella) ⅓ cup shredded cheese 2 ounces processed cheese (American) 
Grains	6-9 	1 mini or ¼ large bagel 1 slice bread ½ cup cooked cereal or grits or 1 packet instant oatmeal 1 cup dry cereal ½ English muffin ½ hot dog or hamburger bun 1 small (2" diameter) roll 1 small (6" diameter) tortilla, whole-wheat or whole-grain corn 5 crackers, 100% whole-wheat ½ cup cooked rice or pasta 3 cups popcorn, popped 
Fruit	2 	1 cup fresh or canned fruit ½ cup dried fruit 1 cup 100% fruit juice 
Vegetables	2 ½ - 3 ½	1 cup fresh, cooked, chopped, or canned vegetables 2 cups raw leafy greens 1 cup vegetable juice 
Protein	5 ½ - 6 ½ 	1 ounce cooked lean beef, lamb, pork, or skinless poultry ¼ cup cooked legumes (e.g. pinto, black, kidney, lentils, chickpeas, split peas) 1 ounce cooked fish or light tuna canned in water* 1 egg or ¼ cup egg substitute ½ ounce nuts (e.g. 12 almonds, 24 pistachios, 7 walnut halves) 1 Tablespoon peanut or almond butter ¼ cup (2 ounces) tofu 
Fats	Less than 5-7 teaspoons 	1 teaspoon oil, butter, margarine, or mayonnaise ½ medium avocado (= 3 teaspoons fat) 2 Tablespoons salad dressing (= 2 teaspoons fat) 1 ounces nuts/seeds (= 3 teaspoons fat) 1 Tablespoon nut butter (= 2 teaspoons oil) 8 large olives (= 1 teaspoon fat) 

*Limit fish to 8-12 ounces per week (or 6 ounces per week of light tuna). Do not eat tilefish, shark, swordfish, or king mackerel.

OTHER IMPORTANT NUTRIENTS

Folic Acid: Supplement daily.

The U.S. Public Health Service and the Center for Disease Control (CDC) recommends that all women of childbearing age (between 15 and 45) take 400 micrograms of folic acid daily to help prevent spina bifida and anencephaly.



Calcium: Eat 3 calcium-rich foods each day.

Calcium* is needed for strong bones and teeth. If you do not consume enough calcium, your healthcare provider may have you take a supplement.



Good sources of calcium include calcium-fortified orange juice (1 cup) and cereal, plain nonfat yogurt, tofu (made with calcium), Swiss cheese, cheddar cheese, cow's milk, calcium-fortified soy and rice milk, almonds, cooked broccoli, greens (collard, kale, spinach, turnip, etc.), garbanzo beans, and canned salmon or sardines with bones.

Iron: Choose high-iron foods every day.

Extra iron* is needed during pregnancy to make blood for you and your baby.



Good sources of iron include meats (beef, chicken, turkey, pork, etc.), cooked clams or oysters, iron-fortified cereals and oatmeal, beans (soybeans, kidney beans, black-eyed peas, etc.), lentils, spinach, raw tofu, greens (chard, collard, kale, spinach, etc.), raisins, molasses, and seafood (catfish, haddock, shrimp, canned herring, tuna, or sardines).

*If you are taking an iron pill and a calcium pill, take each pill at a different time of the day to increase absorption.

Vitamin C: Eat fruits and vegetables high in vitamin C each day.

Vitamin C is necessary for your baby's growth and helps with iron absorption.



Many fruits and vegetables are good sources of vitamin C, such as Brussels sprouts, broccoli, peppers, green leafy vegetables, tomatoes, cantaloupe, citrus fruits, kiwi, mango, and strawberries.

FOOD CONCERNS DURING PREGNANCY

Fish

Fish has protein, iron, and omega-3 fatty acids. Some fish (**shark, swordfish, king mackerel, orange roughy, marlin, grouper, and tilefish**) may contain high levels of mercury and should be avoided during pregnancy. Low-mercury fish (salmon, pollock, catfish, calamari, scallops, shrimp, haddock, tilapia, fresh water trout, or canned light tuna) can be eaten while pregnant or breastfeeding. *Choose commercially-caught wild fish, not farm-raised.* Limit fish to 8-12 ounces per week or light tuna to 6 ounces per week



Artificial Sweeteners

The Food and Drug Administration (FDA) has approved the use of artificial sweeteners for pregnant women. Limit your use of artificial sweeteners to 2-3 servings per day. An example of a serving is one 12-ounce can of diet soda or 1 packet of sweetener.

Caffeine



Caffeine may be harmful to your baby's growth and should be limited. The amount of caffeine in a cup of coffee or tea depends on how strong it is made. Limit your intake to less than 200 mg caffeine per day.

Caffeine Content of some Beverages and Foods

Generic brewed coffee (8 oz)	95 – 200 mg	Soda – cola type (8 oz)	25 – 55 mg
Generic instant coffee (8 oz)	27 – 175 mg	Soda – clear type (8 oz)	0 mg
Brewed black tea (8 oz)	15 – 61 mg	Energy drink (8 oz)	70 – 80 mg
Green tea (8 oz)	24 – 40 mg	Energy drink – 5 hour type (2 oz)	207 mg
Generic iced tea (8 oz)	26 mg	Chocolate chips (1 cup)	104 mg

Alcohol

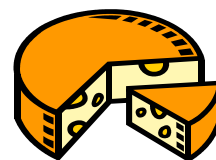
Avoid alcohol completely during pregnancy for your baby's health. Alcohol use during pregnancy has been proven to have negative effects on the development of an unborn baby causing physical disabilities, mental retardation, and impaired growth.



Listeriosis

Listeriosis is a foodborne illness caused by bacteria often found in unpasteurized dairy products, soft cheeses (such as feta, brie, bleu, camembert, queso blanco, queso fresco), lunch meats, hot dogs, undercooked meats, and raw seafood (such as sushi or raw oysters). Symptoms include: fever, muscle aches, nausea, vomiting, and diarrhea. Pregnant women are at a higher risk for listeriosis, which may cause miscarriage or stillbirth. To prevent listeriosis or any other foodborne illness (like salmonella or botulism), avoid the problem foods listed above and follow these guidelines:

- Wash hands before and after preparing food. Always use clean utensils.
- Completely cook all meat, fish, and eggs. Avoid contaminating other foods when preparing animal products. Heat hot dogs and lunch meat.
- Avoid dented cans.
- Reheat or defrost food only once, then throw it away.
- Wash all fruits and vegetables under cold running water.
- When in doubt, throw it away!



LIFESTYLE CONCERNS DURING PREGNANCY

Weight Gain

Your weight gain goals during pregnancy will depend on your weight before you were pregnant. Healthy weight gain is possible with good nutrition and exercise.



Your Weight Before

Pregnancy

Normal
Underweight
Overweight

Your Weight Gain

Goal

25-35 lb.
28-40 lb.
15-20 lb.

Most of your weight gain should occur in your second and third trimesters. Aim for gaining $\frac{1}{2}$ - 1 lb per week after your first trimester. Gaining too much weight can be unsafe for you and your baby. For you, too much weight gain can lead to high blood pressure during pregnancy, diabetes, preterm labor, and water retention after delivery. Your baby may have low blood sugar after birth or become overweight later in life. Losing weight during pregnancy is never recommended.

Exercise

Exercising may help to control excess weight gain and diabetes during pregnancy, and decrease post-partum stress.

Talk with your doctor before starting any exercise.

Aim for 30 minutes per day of a moderate intensity exercise, such as:

- Walking
- Swimming (water aerobics)
- Hiking
- Stationary bike



Any exercise that may lead to falling or abdominal injury should be avoided. Talk with your doctor about which activities are safe for you.

Resources

For Pregnancy & Breastfeeding:

- www.womenshealth.gov/pregnancy/
- www.choosemyplate.gov/pregnancy-breastfeeding.html
- www.WICworks.nal.usda.gov

For tracking your food intake:

- www.myfitnesspal.com
- www.calorieking.com

