



## General Nutrition Guidelines for Pregnancy



### Do

- You should gain about **25 to 35 pounds during pregnancy**, if you are normal weight before pregnancy. Discuss with your provider your weight gain goal. **See Caloric needs during pregnancy** in general:
  - 1st trimester (first three months): no extra calories required
  - 2nd trimester (second three months): 340 additional calories/day
  - 3rd trimester (last three months): 450 additional calories/day
- **Drink plenty of fluids**, 8-10 glasses per day, water is best; avoid fruit juices and soda as they contain large amounts of sugar
- Caffeine may be consumed but **limit it to 1-2 cups of coffee daily** or equivalent.
- **Consume enough calcium** in your diet, 1300mg per day.
  - Calcium can be found in dairy foods, almonds, fortified orange juice, and green leafy vegetables
- **Wash fruits and vegetables** thoroughly
- Include **iron-rich foods** in your diet to reduce the risk of anemia
  - Dried fruit, iron-fortified cereals, breads, spinach, broccoli, beans, and peas to increase your iron stores
- Include **fiber-rich foods** in your diet to help avoid constipation
  - raw fruits and vegetables, and bran cereals



### Don't

- **Do not consume alcohol**; no safe level of alcohol consumption has been determined.
- **Do not consume raw fish, meat, or eggs**
  - Heat deli meats thoroughly before consumption; packaged deli meats are OK to eat cold.
- **Avoid herbal supplements.**
- **Avoid unpasteurized milk, juices** and any foods made from it
  - Soft cheeses such as Brie, Roquefort, Camembert, or smoothies made at juice bars
- **Avoid fish containing high levels of mercury.**
  - You may eat up to 12 ounces per week of fish containing small amounts of mercury such as light tuna, shrimp, salmon, and catfish. See "Mercury Guidelines" for choosing fish








### Tips





- ☒ Make half your plate fruits and vegetables
- ☒ Make at least half your grains whole grains.
- ☒ Move to low-fat or fat-free milk, yogurt, or cheese.
- ☒ Vary your protein routine: seafood, lean meats, eggs, beans and peas
- ☒ Use the Nutrition Facts label to limit items higher in sodium, saturated fat, and sugars.
- ☒ Drink water instead of sugary drinks
- ☒ Choose vegetable oils instead of butter.

## Additional Resources:

### • Daily food checklist

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?
<i>Eat this amount from each group daily.*</i>			
<b>Fruits</b> 	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
<b>Vegetables</b> 	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
<b>Grains</b> 	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
<b>Protein Foods</b> 	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 Tbsp peanut butter 1 egg
<b>Dairy</b> 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese
<p><i>*If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group.</i></p> <p><i>If you are gaining weight too fast, you may need to cut back by decreasing the amount or change the types of food you are eating.</i></p>			
<p>Get a Daily Food Checklist for Moms designed just for you. Go to <a href="http://ChooseMyPlate.gov/Checklist">ChooseMyPlate.gov/Checklist</a>.</p>			

### • Sample Snacks

	SAMPLE SNACKS	
<b>1<sup>ST</sup> TRIMESTER</b>	<i>No additional calories needed</i>	<i>No additional calories needed</i>
<b>2<sup>ND</sup> TRIMESTER</b> Additional 400 calories/day	<b>Hardboiled egg and English muffin topped with fruit (140 calories)</b> <ul style="list-style-type: none"> <li>• ½ of a 100% whole wheat English muffin</li> <li>• 1 medium strawberry, sliced</li> <li>• 1 large hardboiled egg</li> </ul> <b>Cereal and milk (263 calories)</b> <ul style="list-style-type: none"> <li>• 1¼ cup of high fiber cereal</li> <li>• 1 cup of skim milk</li> </ul> 	<b>Yogurt with fruit (131 calories)</b> <ul style="list-style-type: none"> <li>• 1 6 oz. container of plain, fat free Greek yogurt</li> <li>• ½ cup of blackberries</li> </ul> <b>Edamame, grape tomatoes, and carrots with hummus (264 calories)</b> <ul style="list-style-type: none"> <li>• ½ cup edamame</li> <li>• 1 cup grape tomatoes</li> <li>• 4 carrot sticks</li> <li>• ¼ cup hummus</li> </ul> 
<b>3<sup>RD</sup> TRIMESTER</b> Additional 400 calories/day	<b>Oatmeal and a glass of milk (226 calories)</b> <ul style="list-style-type: none"> <li>• 1 cup cooked regular oatmeal, made with water</li> <li>• 8 oz. glass of skim milk</li> </ul> <b>Crackers and string cheese (170 calories)</b> <ul style="list-style-type: none"> <li>• 5 100% whole grain crackers</li> <li>• 1 part skim string cheese stick</li> </ul> 	<b>Berry smoothie (211 calories)</b> <ul style="list-style-type: none"> <li>• 1 cup of frozen unsweetened blueberries</li> <li>• ½ cup of skim milk</li> <li>• ½ cup fat free plain yogurt</li> <li>• 1 teaspoon honey</li> </ul> <b>Apple and cottage cheese (207 calories)</b> <ul style="list-style-type: none"> <li>• 1 large apple, sliced</li> <li>• ½ cup low fat cottage cheese</li> </ul> 

[https://wicworks.fns.usda.gov/sites/default/files/media/document/Tips\\_for\\_Pregnant\\_Women\\_English.pdf](https://wicworks.fns.usda.gov/sites/default/files/media/document/Tips_for_Pregnant_Women_English.pdf)

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm#trackers>

[https://www.cdc.gov/reproductivehealth/pdfs/maternal-infant-health/pregnancy-weight-gain/tracker/single/Normal\\_Weight\\_Tracker\\_508Tagged.pdf](https://www.cdc.gov/reproductivehealth/pdfs/maternal-infant-health/pregnancy-weight-gain/tracker/single/Normal_Weight_Tracker_508Tagged.pdf)