

Eating and Nutrition in Pregnancy

- ✓ It's important to eat a healthy diet during pregnancy
- ✓ You need plenty of vitamins & minerals in your diet
- ✓ Most pregnant women need around 300 extra calories per day

Try to eat foods from each of the five groups daily. They provide important nutrients that you & your baby need.

Grains: 6 ounces per day

1 ounce of grains is equal to:

- 1 slice of bread
- 1 cup ready to eat cereal
- ½ cup cooked rice, pasta or cereal
- 1 small pancake (4 ½ inches in diameter)
- 1 small tortilla (6 inches in diameter)

Vegetables: 2½ cups per day

1 cup of vegetables is equal to:

- 1 cup cooked or raw vegetables
- 1 cup vegetable juice
- 2 cups raw leafy greens
- 1 med. baked potato

Fruits: 1½-2 cups per day

½ cup of fruit is equal to:

- ½ cup 100% fruit juice
- ½ fresh, frozen or canned fruit
- ½ of a small orange, banana or apple
- ¼ cup dried fruit
- 16 grapes

Milk products: 3-4 cups per day

1 cup of milk is equal to:

- 1 cup milk
- 1 cup yogurt
- 1 ½ oz. natural cheese (parmesan, cheddar)
- 2 oz. processed cheese (American)
- 1 cup cottage cheese

Proteins: 5-5 ½ ounces daily

1 ounce of protein is equal to:

- 1 tablespoon of peanut butter
- ¼ cup cooked dried beans
- 1 ounce lean meat, poultry or fish
- 1 egg
- ½ cup nuts (12 almonds, 24 pistachios)

Good sources of Calcium:

- Low-fat milk, yogurt, cheese, cottage cheese & ice cream
- Dark green, leafy vegetables, such as broccoli, spinach, collard greens, and bok choy
- Canned sardines and salmon
- Tofu, almonds, and corn tortillas
- Foods fortified with calcium, such as orange juice, cereals and bread

Healthy Eating hints:

Meals: Eat 3 meals with 3 snacks in between daily. This is very important to help maintain a normal blood sugar.

Snacks: Cheese, yogurt, fruit, vegetables, peanut butter and nuts are good snacks. Try to avoid chips, chocolate and candy,

Water: Very important to drink 8 glasses of water daily.

Caffeine: Limit your caffeine intake to 200mg daily. That's about the amount in a 12 oz cup of coffee.

Weight gain during pregnancy

You should gain weight gradually during your pregnancy, with most of the weight gained in the last 3 months. Many providers suggest women gain at the following rate:

- ◆ 1 to 4 lbs *total* during the first 3 months (first trimester)
- ◆ 2 to 4 lbs *per month* during the 4th to 9th months (second & third trimester)

The total amount of weight you should gain depends on your weight when you became pregnant.

- ◆ Most women need to gain 25-35 lbs during pregnancy.
- ◆ If you are very slim, you need to gain more weight (30-40lbs.)
- ◆ If you are very heavy, you need to gain less weight (15-25lbs.)