

Healthy Nutrition for Pregnancy



A healthy diet during pregnancy helps to support proper development and may even aid in preventing birth defects. During pregnancy, energy needs may gradually increase to support your body's changes and the growth of your baby.

General Nutrition:

- Eat a well-balanced diet for you and your baby with foods that are high in protein, fiber, vitamins and minerals, and healthy fats
- Take prenatal vitamins as needed and take vitamins with a small meal/snack to prevent nausea
- If you're at a healthy weight before pregnancy, you may need to eat an additional 340 calories daily during the second trimester and 450 extra calories daily during the third

Some Nutrient-rich Foods:

- Fresh, frozen, canned, and dried fruits
- Fresh, frozen, and canned vegetables
- Whole grains
- Fortified ready-to-eat and cooked cereals
- High quality protein foods such as soy, nuts, legumes, lean meat, fish, or poultry
- Folate-rich foods like dark green leafy vegetables, peanut butter, eggs, dairy, and grains

General Recommendations:

- At least 3 cups of vegetables daily
- At least 2 cups of fruit daily
- At least 5 to 7 oz. of grains daily, making most of them from whole grain sources
- At least 5 to 6 oz. protein every day

Sample Meal: Lunch

- 2 slices whole-wheat bread
- 2 oz. skinless chicken breast
- 1/4 cup lettuce
- 2 slices tomato
- 1 teaspoon mustard
- 1/2 cup carrot and celery sticks
- 1 banana
- Afternoon snack: 1 apple and 1 tablespoon of peanut butter

Potential Benefits:

- Adequate folate intake may help prevent birth defects
- Eating high-fiber foods, meeting hydration needs, and engaging in physical activity daily may help prevent constipation
- Eating a healthy balanced diet as well as the appropriate number of calories can help you and your baby gain the proper amount of weight

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

Foods to Avoid:

- Fish with high-mercury levels
- Soft cheeses, such as brie
- Blue cheeses, such as gorgonzola
- Raw sprouts
- Unpasteurized apple cider or juices
- Alcoholic beverages
- Raw or unpasteurized milk, cheese and dairy products
- Raw or uncooked meats, fish, poultry, or eggs

