

Nutrition during pregnancy

Your healthcare provider will talk with you about how much weight you should gain during your pregnancy. Your health history may affect the amount you should gain. General weight gain guidelines are based on body mass index (BMI) before pregnancy:

- Underweight Gain 28- 40 pounds
- Normal weight Gain 25 - 35 pounds
- Overweight Gain 15 - 25 pounds
- Obese Gain 11- 20 pounds

If you are expecting more than one baby, talk with your doctor about how much weight you should gain.

It is important to choose foods from all the food groups so you and your baby will have good nutrition. Follow these guidelines in your 2nd and 3rd trimester to give your body the nutrients and extra calories it needs:

7 oz of grains a day

Make half of your grains whole grains. You can get whole grains in whole grain cereals, whole wheat bread, whole wheat pasta, oatmeal, whole wheat tortillas, and brown rice.

1 oz equals:

- 1 slice of bread
- ½ cup cooked rice or pasta
- 5 whole wheat crackers

3 cups of vegetables a day

Choose a variety of colorful fresh or cooked veggies such as broccoli, spinach, cauliflower, tomatoes, red peppers, carrots or sweet potatoes.

6 to 8 teaspoons of fat a day

Make wise choices about oils. Choose healthier fats such as those in nuts, fish, avocado, canola and olive oils. Stay away from fried foods.

2 cups of fruit a day

It is better to choose whole fruit instead of juice.

1 cup of fruit equals:

- 1 cup of fresh fruit
- 8 strawberries
- 1 cup fruit canned in its own juice or in light syrup
- 1 cup 100% juice
- ½ cup dried fruit
- 1 large orange
- 1 small apple

6 oz of meat or beans a day

1 oz equals:

- 1 oz lean meat, poultry or fish (A quarter pound of hamburger = 4 oz. A chicken breast = 4 - 5 oz.)
- 1 egg
- 1 Tablespoon peanut butter
- ¼ cup of cooked dry beans
- ½ oz nuts or seeds

(over)



3 cups of milk or dairy a day

1 cup equals:

- 1 cup of milk or yogurt
- 1 ½ oz of natural cheese
- 2 sticks of string cheese
- 2 oz of processed cheese

If you cannot drink milk, choose other foods and drinks that have calcium.

One way to think of a balanced meal is to imagine dividing your plate in half. Cover half the plate with vegetables. Cover ¼ of your plate with meat or beans. Cover ¼ of your plate with grains. Add a cup of milk and a serving of fruit to complete the meal. Snack on fruit and/or vegetables if you have a hard time eating them at meal times.