

Food Tips for a Healthy Pregnancy



It's really important to eat well during pregnancy. You need more of certain nutrients now compared to before you were pregnant. By making good food choices every day, you can give your baby the nutrition they need to grow. This also helps you and your baby gain the right amount of weight for a healthy pregnancy.

Remember to eat a variety of foods. The food groups below are great examples of foods that have lots of the nutrients your baby needs while you're pregnant.

Dairy - 3 cups per day

RECOMMENDATIONS:

- Low-fat yogurt
- Fat-free (skim) milk
- Low-fat (1%) milk
- Reduced-fat cheese or cottage cheese
- Part skim ricotta cheese

EXAMPLES:

- 1 cup milk
- 8 ounces yogurt
- 1 ½ ounce cheese
- 2 ounces processed cheese



Fruits - 2 cups or more per day

RECOMMENDATIONS:

- Fresh, frozen, canned, and dried fruits
- Fruit juices and nectars

EXAMPLES OF 1 CUP

- 1 medium piece of fresh fruit
- ½ of a large fruit (like grapefruit) or mango
- 1 cup chopped, cooked, or canned fruit
- 1 cup (8 fluid ounces) of 100% fruit juice
- ½ cup dried fruit



Vegetables - 3 cups or more per day

RECOMMENDATIONS:

- Fresh, frozen, and canned vegetables
- Vegetable juices (low-sodium varieties)



EXAMPLES OF 1 CUP

- 2 cups raw, leafy vegetables
- 1 cup cooked vegetables
- 1 cup (8 fluid ounces) juice



Grains - 5 to 7 ounces per day

RECOMMENDATIONS:

- Fortified ready-to-eat cereals
- Fortified cooked cereals
- Wheat germ
- Whole-grain bread
- Pasta and rice



EXAMPLES OF 1 OUNCE

- 1 slice whole wheat bread
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal, rice or pasta
- ½ bun, small bagel, or English muffin

Protein Foods - 5 to 6 ounces per day

RECOMMENDATIONS:

- Cooked dried beans and peas, such as pinto beans, soybeans, white beans, lentils, kidney beans, and chickpeas
- Nuts and seeds, such as sunflower seeds, almonds, hazelnuts, pine nuts, peanuts, and peanut butter
- Lean beef, chicken, turkey, lamb, and pork
- Shrimp, clams, oysters, and crab
- Halibut, cod, rainbow trout, herring, sardines, rockfish, and yellowfin tuna

EXAMPLES OF 1 OUNCE

- 1 ounce meat, fish, or poultry
- 1 large egg
- ¼ cup tofu
- ¼ cup cooked beans
- 1 tablespoon peanut butter
- ½ ounce unsalted nuts



Source: www.nutritioncaremanual.org

Consult with your healthcare team for any questions about what foods to eat during pregnancy.

