

LET'S GET STARTED

This section celebrates pregnancy and moms-to-be! Pregnancy is an exciting time of preparation for the child growing within, and one of the most important ways to prepare is by providing mom and baby with proper nutrition. The first 1,000 days of life (pregnancy through a child's 2nd birthday) provide a unique period of opportunity, because the foundations for optimal health, growth, and brain development are established during this time. Therefore, a child's nourishment during this crucial period will impact them throughout their life. So check out these nutrition recommendations for pregnancy, and enjoy these nutrient-dense recipes, perfect for those eating for two!

What to Know During Pregnancy

While most pregnant moms receive plenty of advice about nutrition from their caregiver, here are some tips that are especially important to emphasize!

EAT A NUTRIENT DENSE DIET

Now is certainly the time to eat a quality diet that is loaded with vegetables, fruits, whole grains, quality protein and calcium foods. You are "fueling" development of your baby, and a baby needs high quality fuel for growth, future learning, and immune health. Additionally, diet quality in utero may affect future pre-disposition to chronic disease. There is no time like the present to eat WELL.

GET ENOUGH FOLIC ACID

Your prenatal vitamin will cover you, but eat folate rich foods like spinach, citrus fruit, and beans.

DON'T OVERLOOK IRON

The volume of blood increases in pregnancy and your iron needs do also. Include plant-based sources of iron such as beans and dark, leafy vegetables, but also consider adding in dried fruits, iron-fortified cereals, fish, poultry, and lean red meats to your diet.

KEEP MOVING AND HAVE A HEALTHY WEIGHT GAIN

Experts agree that moderate activity in pregnancy helps improve sleep and helps prevent excess weight gain.

EAT FISH, BUT THE RIGHT FISH

Fish can provide the healthy omega-3 fat called DHA, which is critical for baby's developing brain and nervous system. However, you should avoid shark, swordfish, king mackerel and tile fish. You can consume up to 12 oz. a week of fish from other varieties (but no more than 6 oz. of albacore tuna).

HANDLE FOOD SAFELY

Limit deli meat, unpasteurized dairy products and soft cheeses such as Brie, blue and feta. Hot dogs, bacon and deli meats can be used if they are reheated to steaming hot.





Tips for Pregnant Moms

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.

Find Your Healthy Eating Style

Choose a variety of foods and beverages to build your own healthy eating style. Include foods from all food groups: fruits, vegetables, grains, dairy, and protein foods.

The amount and types of food you eat is an important part of a healthy eating style. Before you eat, think about what and how much food goes on your plate or in your cup, bowl, or glass.

Making Healthy Food Choices

- Make half your plate fruits and vegetables. Choose fresh, frozen, canned, dried, and 100% juice. Include dark-green, red, and orange vegetables; beans and peas; and starchy vegetables.
- Make at least half your grains whole grains. Try oatmeal, popcorn, whole-grain bread, and brown rice.
- Move to low-fat or fat-free milk, yogurt, or cheese. Fortified soy beverages also count.
- Vary your protein routine. Choose seafood, lean meats and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use the Nutrition Facts label and ingredients list to limit items higher in sodium, saturated fat, and added sugars. Drink water instead of sugary drinks. Choose vegetable oils instead of butter.
- Enriched grains, beans, peas, oranges, spinach, or other dark-green leafy vegetables can help you get the folate-rich food you need.

Visit Your Doctor Regularly

Doctors Recommend:






- Pregnant women and women who may be pregnant need to avoid alcohol and smoking. Ask for advice about caffeine, dietary supplements, and drug use.
- In addition to eating a healthy diet, take a prenatal vitamin and mineral supplement containing folic acid.
- Feed your baby only human milk (also known as breast milk) for the first 6 months.

How Much Weight Should I Gain?

- **The right weight gain** depends on your weight when you became pregnant. If your weight was in the healthy range, you should gain between 25 and 35 pounds. If you were overweight or underweight before becoming pregnant, the advice is different.
- **Gain weight gradually.** For most women, this means gaining a total of 1 to 4 pounds during the first 3 months. Gain 2 to 4 pounds each month from the 4th to 9th month.

Daily Food Checklist

The Checklist shows slightly more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general checklist. You may need more or less amounts of food.*

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>			
Fruits 	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Vegetables 	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Grains 	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
Protein Foods 	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
Dairy 	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. 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 ChooseMyPlate.gov/Checklist.</p>			



Seafood

Seafood is part of a healthy diet. Omega-3 fats in seafood can have important health benefits for you and your developing baby. Salmon, sardines, and trout are some choices higher in omega-3 fats and lower in contaminants such as mercury.

- Eat at least 8 and up to 12 ounces of a variety of seafood each week from choices that are lower in mercury.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they are highest in mercury.



Being Physically Active

Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, gardening, or swimming. The activity can be done for at least 10 minutes at a time, and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.

Learn about other nutrition assistance programs:
<http://www.benefits.gov/>

Based on the *Dietary Guidelines for Americans* and
<http://www.fns.usda.gov/wic/guidance>

Food and Nutrition Service
FNS-457
Revised December 2016

USDA is an equal opportunity provider and employer.

