

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.

What's on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, fat-free or low-fat dairy products, and lean protein foods.

Making Healthy Food Choices

- **Make half your plate fruits and vegetables.** Choose a variety, including dark-green and red and orange vegetables and beans and peas.
- **Make at least half your grains whole.** Choose whole grains in place of refined grains.
- **Switch to skim or 1% milk.** Choose fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- **Vary your protein food choices.** Choose seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- **Use oils to replace solid fats where possible.**
- **Make choices that are low in "empty calories."**

What are "empty calories"? They are calories from added sugars and solid fats in foods. Some foods with empty calories:

- Candy
- Desserts
- Fried foods
- Ice cream
- Sugar-sweetened fruit drinks/tea
- Sweetened cereals
- Biscuits
- Hot dogs
- Soft drinks/soda



Visit Your Doctor Regularly — Doctors Recommend



- Pregnant women and women who may become pregnant should avoid alcohol, smoking, and drug use.
- Take a prenatal vitamin and mineral supplement every day in addition to eating a healthy diet.
- Feed your baby only breast milk for the first 6 months.

How Much Weight Should I Gain?

The total amount of weight gained depends on your weight when you become 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. Check with your doctor to find the total amount that is right for you.

You should gain weight gradually—1 to 4 pounds **total** during the first 3 months and 2 to 4 pounds **per month** during the 4th to 9th months.

Daily Meal Plan

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

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?
Eat this amount from each group daily.*			
Vegetables	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Fruits	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Grains	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
Dairy	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese
Protein Foods	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter

* 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 of “empty calories” you are eating.

Get a Daily Plan for Moms designed just for you.
Go to www.ChooseMyPlate.gov for your Plan and more.
Click on “Pregnant & Breastfeeding Women.”



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 should be done at least 10 minutes at a time, and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.

Seafood Can Be a Part of a Healthy Diet.

Omega-3 fats in seafood have important health benefits for you and your unborn child. Salmon, sardines, and trout are some choices higher in Omega-3 fats.

- Eat 8 to 12 ounces of seafood each week.
- 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 have high levels of mercury.

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