

The best way to help yourself have a healthy pregnancy is to eat well, exercise regularly, get plenty of rest, and avoid things that could hurt your baby.

## Nutrition Essentials

- Your nutritional needs increase during pregnancy. Eat from each food group—grains, vegetables, fruits, milk, and meat and other proteins, including beans.
- Pay close attention to your folic acid, iron, and calcium intake and the need for slow, gradual weight gain.
- Calcium is an important nutrient, especially during pregnancy. If you can't or don't eat dairy products, you can get calcium in your diet from non-milk sources such as tofu, broccoli, fortified orange juice or soy milk, greens, and almonds.
- Get enough folic acid. People who are pregnant should take daily vitamin supplements containing 400 mcg to 800 mcg of folic acid. It's also found in fortified cereals, orange juice, asparagus, spinach, and broccoli.

## Healthy Food Choices

- Make half of 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 of your grains whole grains. Try whole-grain bread, brown rice, oatmeal, and popcorn.
- Eat dairy daily to meet your increased calcium needs and switch to low fat or fat-free milk, yogurt, or cheese. Fortified soy beverages also count as dairy.
- Vary your protein choices. Choose lean meats, poultry, eggs, seafood, beans and peas, soy products, and unsalted nuts and seeds.
- Use the Nutrition Facts label and ingredients lists to limit foods higher in sodium, saturated fat, and added sugars.
- Drink water instead of sugary drinks and aim for three liters of water per day.



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*In addition to healthy eating, take a prenatal vitamin and mineral supplement containing folic acid.*

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## MyPlate for Pregnancy

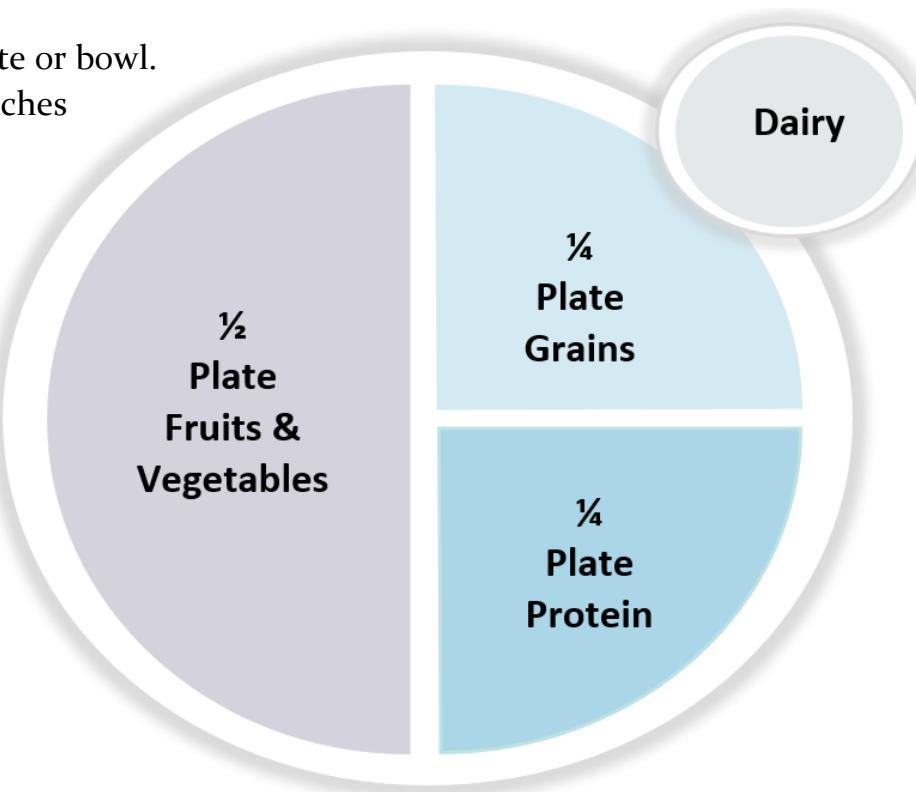
The US Department of Agriculture developed MyPlate. It has tools and personalized eating plans to help Americans to eat a variety of nutritious foods from the different food groups.

MyPlate can help you plan healthy meals throughout pregnancy. The plate image below shows us the amount we need of each food group.

Start with the right-sized plate or bowl.

An adult plate should be 9 inches across.

- Fill  $\frac{1}{2}$  with fruits and vegetables.
- Fill  $\frac{1}{4}$  with lean protein.
- Fill  $\frac{1}{4}$  with whole grains or starches.
- Have one serving of low fat or non-fat dairy.



## Sip Smart During Pregnancy

Replace Sugary Drinks	With Better Choices!
Full calorie sodas	✓ The best thing you can do is drink water! Try it plain, sparkling or naturally flavored with fruit.
Energy/sports drinks	✓ Drink coffee and tea without added sugars for a healthier energy boost.
Sweetened waters	✓ Diet drinks may help replace high-calorie sodas and other sugary drinks.
Sweet tea	
Sweetened coffee drinks	
Sweetened fruit juice	

## Your Nutrition Plan

### Foods Recommended

Food Group	Foods Recommended	What counts as 1 serving
Dairy	Low-fat Greek yogurt Low-fat (1%) or fat-free (skim) milk Reduced-fat cheese or cottage cheese Part skim ricotta cheese	<b>Goal is 3 servings/day</b> 1 cup yogurt or milk 1 ½ ounces cheese 2 ounces processed cheese
Fruits	Fresh, frozen, canned, and dried fruits	<b>Goal is 2 or more servings/day</b> 1 medium piece of fresh fruit ½ 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
Grains & Starches	Fortified ready-to-eat cereals Oatmeal Grits Whole grain breads, buns, English muffin Pasta Rice Quinoa Whole wheat crackers Starchy Vegetables: Potatoes, corn, beans, peas, lentils, winter squash	<b>Goal is 5-7 servings/day</b> 1 slice whole wheat bread 1 cup ready-to-eat cereal ½ cup cooked cereal, rice, pasta, quinoa, potatoes ½ bun, small bagel, or English muffin  <b><i>Make half your grains whole grains</i></b>

Food Group	Foods Recommended	What counts as 1 serving
<b>Protein Foods</b>	Chicken Turkey Beef Lamb Pork Eggs Tofu Nuts Seeds Low mercury fish/shellfish (shrimp, clams, oysters, crab, halibut, cod, rainbow trout, herring, sardines, rockfish, salmon)	<b>Goal is 5-6 servings/day</b> $\frac{1}{4}$ cup cooked peas or beans 1 tablespoon peanut butter $\frac{1}{2}$ ounce unsalted nuts $\frac{1}{4}$ cup tofu 1 ounce poultry, fish, or meat 1 large egg  <i>Limit fish and shellfish to 2 servings per week</i>
<b>Vegetables</b>	Fresh, frozen, and canned vegetables: Asparagus Artichoke Broccoli Cauliflower Cabbage Carrots Celery Cucumber Green beans Greens (collard, kale, mustard, turnip) Mushrooms Okra Onions Peppers Onions Salad greens Spinach Tomato Vegetable juice Zucchini	<b>Goal is 3 or more servings/day</b> 2 cups raw, leafy vegetables 1 cup cooked vegetables 1 cup (8 fluid ounces) low sodium vegetable juice

## Foods not recommended

Food Group	Foods to Avoid
<b>Beverages</b>	<ul style="list-style-type: none"> <li>▪ Alcohol</li> <li>▪ Too much caffeine (limit to 1 cup of coffee per day)</li> <li>▪ Herbal teas. Speak with your doctor, nurse practitioner, or midwife before drinking.</li> </ul>
<b>Meat, Fish, &amp; Poultry</b>	<ul style="list-style-type: none"> <li>▪ Raw or uncooked meats, fish, poultry, or eggs. Do not eat sushi, ceviche, runny eggs, over easy eggs, or soft boiled eggs. Do not eat raw cake batter or cookie dough.</li> <li>▪ Shark, swordfish, king mackerel, and tile fish. These fish are high in mercury.</li> <li>▪ Limit Albacore (white) tuna to 6 ounces per week. It has more mercury than canned light tuna.</li> <li>▪ If no advice is available about locally caught fish, do not eat more than 6 ounces per week.</li> <li>▪ Hot dogs, luncheon meats, bologna, or other deli meats, unless they are heated until steaming hot.</li> </ul>
<b>Dairy Products</b>	<ul style="list-style-type: none"> <li>▪ Raw (unpasteurized) milk or foods that contain unpasteurized milk</li> <li>▪ Soft cheeses like Feta, Brie, and Camembert, “blue-veined cheeses,” or “queso blanco,” “queso fresco,” or Panela- unless they’re made with pasteurized milk. Make sure the label says “made with pasteurized milk.”</li> <li>▪ Soft serve frozen yogurt</li> </ul>
<b>Fruits &amp; Vegetables</b>	<ul style="list-style-type: none"> <li>▪ Raw sprouts</li> <li>▪ Unpasteurized apple cider or juices</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>▪ Tobacco</li> <li>▪ Illicit drugs</li> <li>▪ Herbal remedies or supplements. If you do use any teas, herbs, or home remedies, discuss with your doctor to be sure that they are safe for you and your baby</li> <li>▪ Vitamin or mineral supplements other than those recommended or prescribed by your doctor, nurse practitioner, or midwife</li> </ul>

## Exercise During Pregnancy

For most pregnant people, being active is safe and healthy. Be sure to talk to your doctor, midwife, or nurse practitioner before you start any kind of exercise regimen. Make sure that the activities you choose are safe for you and your baby during pregnancy.

### How Much Time Should You Spend Being Active?

- Ask your doctor, midwife, or nurse practitioner about how much exercise you should get.
- For most pregnant people, 30 minutes of activity 5 days/week is a good goal. You may want to break your daily goal into shorter periods of time.



### Exercise Tips

- Drink water before, during, and after you exercise. Your body loses water even if you do not sweat. You may need to take a break so you can drink the water you need.
- Do not exercise in very hot or humid weather.
- Do not exercise for more than 60 minutes at a time.
- Aim for moderate-intensity exercise and use the “talk test” (if you can carry on a conversation while exercising, you are likely not overdoing it).
- If you don’t exercise much, start slow and increase slowly



### Warning Signs to Discontinue Exercise While Pregnant

Vaginal bleeding | Regular painful contractions | Amniotic fluid leakage |  
Difficulty breathing | Dizziness | Headache | Chest pain |  
Muscle weakness affecting balance | Calf pain or swelling