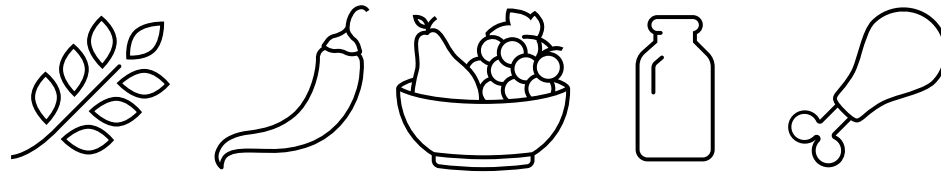


The best way to help yourself have a healthy pregnancy is to eat well, exercise regularly, get plenty of rest, and avoid things that could hurt your baby.

Your nutritional needs increase during pregnancy. Eating well helps your fetus grow and keeps your body healthy throughout the changes of pregnancy. Eat from each food group: grains, vegetables, fruit, dairy foods, protein.



## Key Vitamins and Minerals

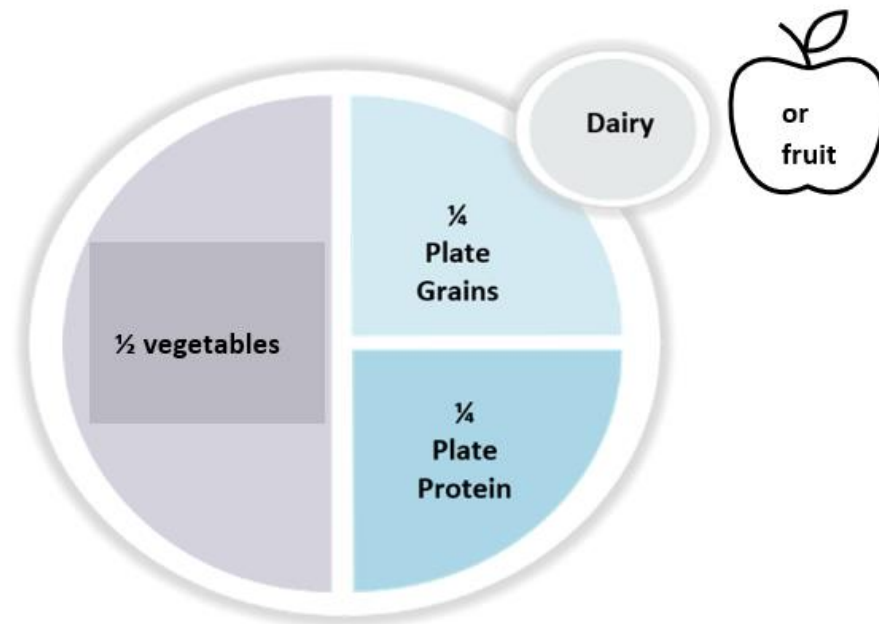
- To meet your **calcium** needs, eat dairy products including milk, yogurt, cheese, and cottage cheese. Non-dairy sources of calcium include fortified soy milk, tofu, soybeans, fortified orange juice, canned salmon with bones, canned sardines with bones, figs, broccoli, collard greens, tahini, roasted sesame seeds.
- To meet your **folic acid** needs, take a daily vitamin supplement containing 400 mcg to 800 mcg of folic acid. Folic acid is also found in fortified cereals, fortified breads, pasta, and some other grain products. Foods that naturally contain folate include dark green leafy vegetables (turnip greens, spinach, romaine lettuce, asparagus, brussels sprouts, broccoli), beans, peanuts, sunflower seeds, whole grains, eggs.
- To meet your **choline** needs, eat choline-rich foods including chicken, beef, eggs (especially yolks), milk, soy products, and peanuts.
- Eat foods rich in **omega-3 fats** including low-mercury fish like salmon, sardines, and trout.
- Eat foods rich in **iron** including beans, lentils, spinach, enriched breakfast cereals, beef, turkey, and shrimp. Take a prenatal vitamin with iron to meet iron needs for pregnancy.

## Meal Planning for Pregnancy

Divide a plate into four sections—fruits, vegetables, grains, and protein—plus a side of dairy. The idea is to balance your meals with a variety of foods in the right portions.

Start with the right-sized plate or bowl. An adult plate should be 9 inches across.

- Fill  $\frac{1}{2}$  with fruits and vegetables. Choose fresh, frozen, canned, dried and 100% fruit juice. Include dark-green, red, and orange vegetables; beans and peas; and starchy vegetables.
- Fill  $\frac{1}{4}$  of the plate with lean protein. Vary your protein choices. Choose lean meats, poultry, eggs, seafood, beans, peas, soy products, nuts, seeds, and nut butter
- Fill  $\frac{1}{4}$  with whole grains or starches. Make half of your grains whole grains including whole grain bread, whole grain crackers, brown rice, wild rice, oatmeal, popcorn, barley, quinoa, millet, rye, buckwheat, and sorghum.
- Add healthful fats. Choose unsaturated fat most often including olive oil, canola oil, and avocado. Nuts, seeds, and nut butters also contain healthful fats.



## Sample meal plan

- Aim to eat breakfast within 1 hour or less of waking up
- Aim to eat 3 small to moderate meals and 2-3 snacks per day
- These meals and snacks are examples. You do not need to eat these exact foods.

<b>Breakfast</b> <ul style="list-style-type: none"> <li>· 1 cup steel cut or slow cooking oatmeal or fortified cereal</li> <li>· 1/2 cup fresh fruit</li> <li>· 1-2 scrambled or hard-boiled eggs</li> <li>· 1 cup milk</li> </ul>	<b>Morning Snack</b> <ul style="list-style-type: none"> <li>· 5 whole grain crackers</li> <li>· 1.5 oz cheese</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>· 1 large mixed green salad with vegetables</li> <li>· 1 tablespoon salad dressing</li> <li>· 3 oz grilled chicken</li> <li>· 2/3 cup cooked rice or quinoa</li> <li>· 1 medium piece of fresh fruit</li> </ul>	<b>Afternoon Snack</b> <ul style="list-style-type: none"> <li>· ½ cup hummus</li> <li>· 5 carrot sticks</li> <li>· ½ c broccoli florets</li> </ul>
<b>Dinner</b> <ul style="list-style-type: none"> <li>· 3 oz. roast beef</li> <li>· 1/2 baked sweet potato</li> <li>· 1/2 cup brussels sprouts</li> <li>· 1 dinner roll</li> </ul>	<b>Evening Snack</b> <ul style="list-style-type: none"> <li>· ¼ cup Greek yogurt with cinnamon and vanilla extract</li> <li>· 1/2 cup sliced strawberries</li> </ul>

## Sip Smart During Pregnancy

Replace Sugary Drinks	With Better Choices!
Full calorie sodas Energy/sports drinks Sweetened waters Sweet tea Sweetened coffee drinks Sweetened fruit juice	<ul style="list-style-type: none"> <li>✓ The best thing you can do is drink water! Try it plain, sparkling or naturally flavored with fruit.</li> <li>✓ Drink coffee and tea without added sugars for a healthier energy boost.</li> <li>✓ Diet drinks may help replace high-calorie sodas and other sugary drinks.</li> </ul>

## Building Balanced Meals

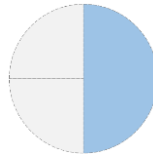
Choose one item in each column to create a meal. Follow each row across for suggested combinations or mix and match one item from each column.



**¼ of your plate lean protein**



































**¼ of your plate grains or starchy vegetable**



**½ of your plate nonstarchy vegetable**



**Serving of fruit or dairy**

Lean Protein (3-4 ounces)	Grains or Starchy Vegetable	Nonstarchy Vegetable	Fruit or Dairy
 Chicken breast	 2/3 cup wheat pasta	 Asparagus	 1 small apple
 Sirloin steak	 1 cup roasted potatoes	 Green beans	 17 grapes
 Pork chop	 1 cup corn	 Side salad	 3/4 cup blueberries
 Shrimp	 1 cup green peas	 Cauliflower	 1 small orange
 Salmon	 2/3 cup brown rice	 Broccoli	 1 ¼ cup strawberries
 Eggs	 2 slices whole grain bread	 Sweet bell peppers	 1 cup yogurt
 Cottage cheese	 4 slices crisp bread	 Carrot and celery sticks	 1 cup milk or soy milk
 Tofu	 1 small sweet potato	 Zucchini	 1 cup kefir or buttermilk

## Breakfast Ideas

These meals contain carbohydrates, protein, fat, and fiber for a good balance.

1



2



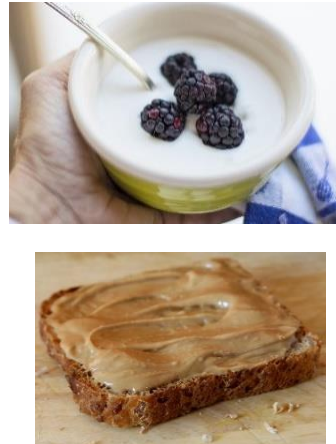
3



4



5



6

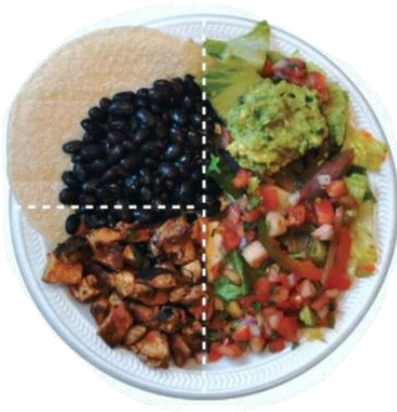


1. 1 whole wheat English muffin, eggs, vegetables, cheese
2. 2/3 cup Greek yogurt, 3/4 cup blueberries, chicken sausage
3. 2 dosas (10-inch diameter each) with eggs and vegetables
4. 1 corn tortilla, ½ cup beans, scrambled eggs with sausage
5. 2/3 cup Greek yogurt, 1 slice whole wheat toast with peanut butter
6. 2 slices of whole grain toast with cottage cheese and tomatoes

## Lunch or Dinner Ideas

These meals contain carbohydrates, protein, fat, and fiber for a good balance.

1



2



3



4



5



6



1. 1 corn tortilla, 1 cup beans, chicken, vegetables, guacamole
2. Grilled chicken sandwich on a bun, 1 orange, side salad with dressing
3. 1 cup whole grains, tofu and vegetable stirfry
4. 1 cup rice, grilled fish, vegetables
5. 1 cup macaroni and cheese, chicken, vegetables
6. Saag paneer, vegetable soup with  $\frac{1}{2}$  cup lentils, 1 chapati (6-inch diameter each)

## Snack Ideas

These snacks include protein. Snacks with protein are more satisfying.

1



2



3



4



5



6



1. Whole grain crackers + cheese
2. 1 orange + 1 ounce of nuts
3. 1 serving flavored Greek yogurt + blueberries. Add nuts or seeds if yogurt is fat free.
4. Protein bar (choose one with about 15 g carbohydrate and about 10 g protein)
5. Apple + peanut butter
6. Trail mix with 2 Tablespoons dried fruit + 1 ounce nuts/seeds

## More Snack Ideas

- 1 small apple or orange + 2 Tablespoons of nut butter, or ¼ cup nuts
- 3 cups light popcorn + cheese or ¼ cup pumpkin seeds
- ¾ cup pineapple + ½ cup cottage cheese
- 1 cheese quesadilla made with one 6-inch corn or whole wheat tortilla + shredded cheese + salsa
- 2 rice cakes (with a 4-inch diameter) + 2 Tablespoons nut butter
- 5-6 whole wheat crackers + cheese
- 5-6 crackers + tuna or chicken salad
- 1 slice whole wheat bread + **heated** turkey + mayo or mustard
- ½ English muffin + 2 Tablespoons of nut butter or cheese slices
- Greek yogurt (be sure to read label for grams of carbohydrate)
- ½ banana + 2 Tablespoons of nut butter
- 1/2 cup hummus + 1 cup fresh cut veggies (green peppers, carrots, broccoli, cucumber, celery, cauliflower, or a combination of these)



## Food Not Recommended During Pregnancy

Food Group	Foods You Should 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, and 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> <li>▪ Refrigerated pâtés or meat spreads.</li> <li>▪ Refrigerated smoked seafood - <i>unless it's in a cooked dish</i>, such as a casserole. (Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna, or mackerel is most often labeled as "nova-style," "lox," "kippered," "smoked," or "jerky." These types of fish are found in the refrigerator section or sold at deli counters of grocery stores and delicatessens.)</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 and 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>

Adapted from AND NCM and <https://www.fda.gov/food/resourcesforyou/healtheducators/ucm083320.htm>

## Being Active 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.

### 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.

### Reasons to Stop Exercising Immediately

If you have any of the following, stop exercising and call your doctor right away:

- Contractions, cramps, bleeding, or labor pains
- Any kind of pain in your chest or stomach, or below your waist
- Dizziness, shortness of breath, or trouble breathing
- Rapid heartbeats
- Trouble walking

