



Nutrition Tips for a Healthy Pregnancy

Good nutrition is essential for a healthy pregnancy and long-term benefits for you and your baby. Ideally, eat a healthy diet before getting pregnant. But if you're already pregnant, start where you are today.

How much should I eat?

Pregnancy is not a time to "eat for two." Extra calories needed during pregnancy are low. Women starting pregnancy at a healthy weight are generally advised to:

- Add no additional calories during the first trimester.
- Eat 340 extra calories daily in the second trimester.
- Eat 450 extra calories daily in the third trimester.
- If carrying twins, add 600 calories daily starting in the second trimester.
- If carrying triplets, add 900 calories daily starting in the second trimester.
- Women carrying twins and triplets may need some additional calories in the third trimester.

What are healthy foods choices for my heart during pregnancy?

- Vegetables
- Fruits
- Whole grains
- Low-fat or nonfat dairy products
- Lean cuts of meat
- Fish and seafood low in mercury, such as cod, herring, salmon and tilapia

What should I limit during pregnancy?

Reduce your intake of foods and beverages, such as soft drinks, desserts and fried foods, that are higher in:



Added sugar



Saturated fat



Sodium

What Should I Avoid During Pregnancy?



Premade Deli Salads, such as ham salad or chicken salad.



Fish High in Mercury (a metal that's linked to birth defects), including king mackerel, marlin, orange roughy, shark, swordfish, tilefish and bigeye tuna.



Unpasteurized Products such as juice, milk or milk products such as cheese (they may contain *Listeria*, a bacteria).



Deli Meats and Hot Dogs (eat only if cooked thoroughly)



Raw or Undercooked Eggs



Refrigerated Smoked Seafood



Raw Seafood



Alcohol



Raw Sprouts



Raw or Rare Meats

What Vitamins and Minerals do I Need?

Talk to your health care professional about taking any vitamins, supplements or prescriptions during pregnancy. In general, pregnant women need:

- Folic acid
- Iron
- Iodine
- Choline
- Vitamins A, B, C, D
- Omega-3 fatty acids
- Calcium

Is Caffeine Okay?

Caffeine can affect sleep, increase nausea and lead to dehydration. Research shows that moderate caffeine consumption (less than 200 milligrams per day) is typically considered safe during pregnancy. But check with a health care professional to see how much (if any) caffeine is allowed during your pregnancy.



What extra precautions should I take?

A health care professional can provide specialized nutrition advice for women who:

- Have health conditions, such as high blood pressure or gestational diabetes.
- Follow certain eating styles, such as vegan or vegetarian.
- Have persistent nausea or food aversions.
- Gain too much or too little weight. Talk to your health care professional on how much weight gain is right for you.