

# What Should I Eat? For Pregnant Moms



	1st Trimester	2nd & 3rd Trimester	Remember To...
Vegetables	2 1/2 Cups	3 Cups	Make half your plate fruits and vegetables. Choose a variety. Eat more dark-green and red and orange vegetables and beans and peas.
Fruits	2 Cups	2 Cups	
Grains	6 Ounces	8 Ounces	Make at least half your grains whole. Choose whole instead of refined grains.
Protein	5 1/2 Ounces	6 1/2 Ounces	Vary your protein food choices. Include seafood, beans, peas, and unsalted nuts and seeds.
Dairy	3 Cups	3 Cups	Replace higher fat milk and milk products with fat-free or low-fat options.

**VEGETABLES**  
1 Cup of Vegetables =

- 1 cup or raw or cooked vegetables or 100% vegetable juice
- 2 cups raw leafy vegetables

**FRUITS**  
1 Cup of Fruits =

- 1 cup fruit or 100% fruit juice
- 1/2 cup dried fruit

**GRAINS**  
1 Ounce of Grains =

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked pasta, rice, or cereal

**PROTEINS**  
1 Ounce of Protein =

- 1 ounce lean meat, poultry, or seafood
- 1/2 cup cooked beans
- 1/2 ounce nuts or 1 egg
- 1 tablespoon peanut butter

**DAIRY**  
1 Cup of Dairy =

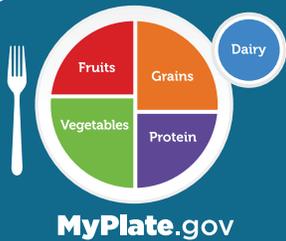
- 1 cup dairy milk
- 8 ounce yogurt
- 1 1/2 ounces natural cheese
- 2 ounces processed cheese

## Tips for Pregnant Moms

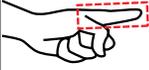
- Pregnant women and women who may be pregnant need to avoid alcohol and smoking. Ask for advice about caffeine, dietary supplements, and drug use.
- In addition to eating a healthy diet, take a prenatal vitamin and mineral supplement containing folic acid.
- Seafood can have an important health benefits for you and your unborn child. Eat 8 to 12 ounces of cooked seafood each week, but no more than 6 ounces of white (albacore) tuna each week. Do not eat tilefish, shark, swordfish, and king mackerel- they are high in mercury.
- 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.

## 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.



# Serving Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
<b>Dairy: Milk, Yogurt, Cheese</b>			
Cheese (String Cheese)			Pointer Finger 1 1/2 Ounces
Milk and Yogurt (Glass of Milk)			One Fist 1 Cup
<b>Vegetables</b>			
Cooked Carrots			One Fist 1 Cup
Salad (Bowl of Salad)			Two Fists 2 Cups
<b>Fruits</b>			
Apple			One Fist 1 Medium
Canned Peaches			One Fist 1 Cup
<b>Grains: Breads, Cereals, Pasta</b>			
Dry Cereal (Bowl of Cereal)			One Fist 1 Cup
Noodles, Rice, Oatmeal (Bowl of Noodles)			Handful 1/2 Cup
Slice of Whole-Wheat Bread			Flat Hand 1 Slice
<b>Protein: Meat, Beans, Nuts</b>			
Chicken, Beef, Fish, Pork (Chicken Breast)			Palm 3 Ounces
Peanut Butter (Spoon of Peanut Butter)			Thumb 1 Tablespoon