Handout: 
Eating and Nutrition During Pregnancy

Meeting your nutritional needs and staying active during pregnancy are essential for your and your baby's health now and in the future. It is very important to have a well balanced diet; this helps alleviate some of the unpleasant physical symptoms that are often associated with pregnancy.

Healthy Meal Planning List

1. Grains: 6-9 servings/day

Benefits:
- main energy source
- fiber
- iron
- B-vitamins

Serving size examples:
- ½ Bagel
- 6 whole wheat crackers
- ½ cup cold cereal
2. Fruits & Veggies: 3 or more fruit servings/day 4 or more veggie servings/day

Benefits:

- provides vitamins and minerals
- good source of fiber
- promotes healthy gums and other tissues for you and your baby

Serving size example:

- 1 medium fruit
- 1 small baked potato
- \( \frac{1}{2} \) cup fruit or vegetable juice
- \( \frac{1}{4} \) cup dried fruit
- \( \frac{1}{2} \) - 1 cup cooked or raw veggies
3. Meat, Poultry, Fish, Eggs, and Beans:  2 servings/day

Benefits:

- supplies the body with protein important for the growth of your child, especially during the 2\textsuperscript{nd} and 3\textsuperscript{rd} trimesters
- B-vitamins
- Iron

Serving size example:

- 2-3 ounces of lean red meat, fish or poultry
- 1 large egg
- $\frac{1}{2}$ cup of walnuts, pecans, almonds, etc.
- 2 tablespoons of peanut butter
4. Dairy Products: 4 or more servings/day

Benefits:
- helps build your baby’s bones and teeth
- rich in vitamins A & D
- high in protein
- *if lactose intolerant, calcium fortified orange juice provides the same benefits

5. Fats, Oils, and Sweets: ONLY occasionally

Benefits*:
- chocolate is high in antioxidants
- margarine is high in vitamin A

*these benefits do not apply when foods are eaten in excess—high fat, high cholesterol foods should be eaten in careful moderation