



Tips for Pregnant Moms

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.

What's on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup, bowl, or glass. Throughout the day, include foods from all food groups: vegetables, fruits, whole grains, fat-free or low-fat dairy products, and lean proteins.

Making Healthy Food Choices

- **Make half your plate fruits and vegetables.**
Choose a variety, including dark green, red, and orange vegetables, and beans and peas.
- **Make half of your grains whole grains.**
Choose whole grains in place of refined grains, such as whole grain bread, brown rice, and oatmeal.
- **Switch to fat-free or 1% low-fat milk.**
Choose fat-free or low-fat dairy products such as milk, yogurt, cheese, or fortified soy beverages.
- **Vary your protein food choices.**
Choose seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- **Use oils to replace solid fats where possible.**
Choose oils such as olive, canola, or vegetable oil over butter, margarine, or shortening.
- **Make choices that are low in "empty calories"**
Choose items that are low in "empty calories." These are the calories from added sugars and solid fats in foods like soft drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low-fat, fat-free, unsweetened, or with no added sugars. They have fewer or no empty calories.



Visit Your Doctor Regularly

Doctors Recommend

- 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 with folic acid.
- Feed your baby only breastmilk for the first 6 months.

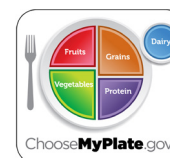
How Much Weight Should I Gain?

The total amount of recommended 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. Check with your doctor to find the total amount that is right for you.



Food and Nutrition Services
FNS-457
January 2018

This institution is an equal opportunity provider.



Materials developed by the United States Department of Agriculture and adapted by the Arizona Department of Health Services.

Daily Food Plan

The Plan shows slightly larger amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general plan. You may need more or less food.*

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?
Eat this amount from each group daily*			
Vegetables	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Fruits	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Grains	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
Dairy	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese
Protein Foods	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter

*If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount of empty calories you are eating. See the other side for more information on empty calories.

Get your MyPlate Plan designed just for you.
Go to <https://www.choosemyplate.gov/resources/MyPlatePlan>

Being Physically Active

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.

Activities can be done for at least 10 minutes at a time and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.

Seafood

Seafood can be part of a healthy diet. Omega-3 fats in seafood can have important health benefits for you and your developing baby. Salmon, sardines, and trout are some choices that are higher in omega-3 fats and lower in contaminants like mercury.

- Eat at least 8 and up to 12 ounces of a variety of seafood each week from choices that are lower in mercury.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Avoid tilefish, shark, swordfish, and king mackerel since they are highest in mercury.

Learn about other nutrition assistance programs: <http://www.benefits.gov/>
Based on the Dietary Guidelines for Americans and <http://www.fns.usda.gov/wic/guidance>