

Healthy Eating During Pregnancy

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How Much Should I Eat?

It is very important that you eat as healthily as you can while you are pregnant. Babies need nutrients from the food you eat to help them grow. You don't have to eat twice as much while you are pregnant, just twice as wisely. Keep in mind MyPyramid when choosing meals and snacks each day. The food groups are listed below along with the recommended number of daily servings and some examples of what one serving is.

Bread Group: 9-11 Servings

Bread – 1 slice
 Rice or pasta – 1/2 cup
 Cold cereal – 1 oz.
 Cooked cereal – 1/2 cup
 Bagel – 1/2 each

Fruit Group: 2-4 Servings

Juice – 3/4 cup
 Dried fruit – 1/4 cup
 Canned or frozen – 1/2 cup
 Raw – 1 medium sized

Meat Group: 2-3 Servings

Egg – 1 each
 Meat – 2-3 oz (size of a deck of cards)
 Cooked dry beans – 1/2 cup
 Peanut butter – 2 Tbsp.

Vegetable Group: 3-5 Servings

Raw – 1/2 cup
 Cooked, canned or frozen – 1/2 cup
 Raw leafy – 1 cup

Milk Group: 2-3 Servings

Milk – 1 cup
 Yogurt – 1 cup
 Natural cheese – 1/4 cup grated

After the third month of pregnancy, you need to eat an extra 300 calories per day. Here are some examples of foods to add:

- 1 oz. cold cereal, 1 banana, and 1 cup milk
- 1 baked potato with 1 cup veggies, and 1 oz. cheese
- 2 oz. turkey on 2 slices of whole wheat bread with lettuce and tomato

Am I Gaining Too Much Weight?

To figure out how much weight you need to gain, determine your weight before pregnancy.

Normal weight: gain 25-35 pounds

Overweight: gain 15-25 pounds

Underweight: gain 28-40 pounds

Expecting twins: gain 35-45 pounds.



Why Do I need to Gain Weight?

- Your baby needs nutrients to grow.
- Proper foods will help your baby be healthy.
- Restricting food intake may cause your baby to be too small at birth.
- Small infants have a greater risk of being sick infants.
- The weight you gain includes the weight of the baby, extra blood and fluids, and the placenta.

