GET THE RIGHT AMOUNT OF CALORIES

How many calories you need will change throughout your pregnancy. Most women with a healthy pre-pregnancy weight have the following calorie needs:

FIRST TRIMESTER First 12 weeks
No extra calories

SECOND TRIMESTER 13 to 26 weeks
About 340 extra calories a day

THIRD TRIMESTER After 26 weeks
About 450 extra calories a day

The number of extra calories you'll need depends on many things. Talk to your doctor or midwife.

WATCH WHAT YOU DRINK

Limit drinks with caffeine and added sugars.

Drink plain water instead of sugary drinks like soda, fruit drinks, sweetened waters, and energy or sports drinks.

Ask your doctor if caffeine is safe for you.

Avoid alcohol

No amount of alcohol is safe during pregnancy or while trying to get pregnant. All types of alcohol can be harmful for your baby, including wine and beer.

MORE THAN FRUITS AND VEGETABLES

Be sure to include the following in your diet during pregnancy:

Proteins
like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu

Low-fat or fat-free dairy
like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt

Oils
like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts

AVOID CERTAIN FOODS

Uncooked or rare foods may have bacteria in them that can hurt your baby. Stay away from:

- Raw (uncooked) or rare (undercooked) fish or shellfish
- Raw or rare meats, poultry, or eggs
- Unpasteurized juice, milk, or cheese
- Lunch or deli meats, smoked seafood, and hot dogs
- Prepared meat or seafood salads, like chicken salad or tuna salad
- Raw sprouts, including alfalfa, clover, radish, and mung bean sprouts

FOLLOW A HEALTHY ROUTINE

To get the nutrients you need during pregnancy, choose a mix of healthy foods you enjoy from each food group, including:

Fruits
like apples, berries, oranges, mango, and bananas

Vegetables
like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama

Whole grains
like brown rice, millet, oatmeal, bulgur, and whole-wheat bread

Establishing a healthy eating habit at the very start makes it easier to maintain throughout your pregnancy.

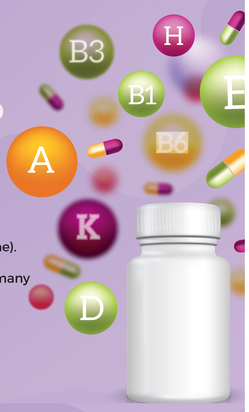
TAKE A PRENATAL SUPPLEMENT EVERY DAY

Everyone needs to take prenatal supplements (also called prenatal vitamins) during pregnancy.

Talk with your doctor or nurse about a prenatal vitamin that's right for you.

Make sure you get enough of these key nutrients:

- Folic acid – Choose a prenatal supplement that has 400 to 800 mcg.
- Iron – You need about 30mg of iron per day.
- Iodine – If you use salt at home, make sure it's iodized salt (salt with added iodine).
- Choline – It's also important to note that many prenatal supplements don't have choline.



WHEN YOU'RE PREGNANT, YOU NEED MORE OF CERTAIN NUTRIENTS:

01 Protein
02 Iron
03 Folic acid
04 Iodine
05 Choline

It's also important to get enough calcium, vitamin D, potassium, and fiber.

Making smart food choices can help you have a healthy pregnancy and a healthy baby.

MAKE HEALTHY SNACK CHOICES

Healthy snacking throughout pregnancy helps:

- Provide vital nutrients for the baby's growth
- Keep your stomach from being empty, which can contribute to nausea
- Control weight gain for a healthy pregnancy balance
- Stabilize blood sugar and boost energy levels

Examples of healthy snacks include:

- Low-fat or fat-free yogurt with fruit (look for options with no added sugar)
- Whole-grain crackers with peanut butter
- Carrots with hummus

SAMPLE