

WHAT TO EAT WHEN PREGNANT:

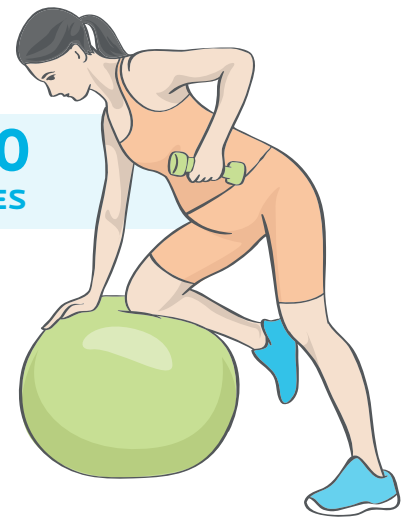
BUILDING A DIET THAT KEEPS YOU AND BABY HEALTHY

You're pregnant! And wondering: Cloth or disposable? How do you put a onesie on a newborn? And...why am I so hungry?

HOW MUCH SHOULD YOU EAT?

Especially in the 2nd and 3rd trimesters, you need extra calories and nutrients as you work to build your baby's bones, tissues, and organs.

+500 CALORIES



If you exercise regularly

+300 CALORIES



If you're not very active



Adding 1-2 healthy snacks to your regular three meals a day should help you meet your ramped-up caloric needs.



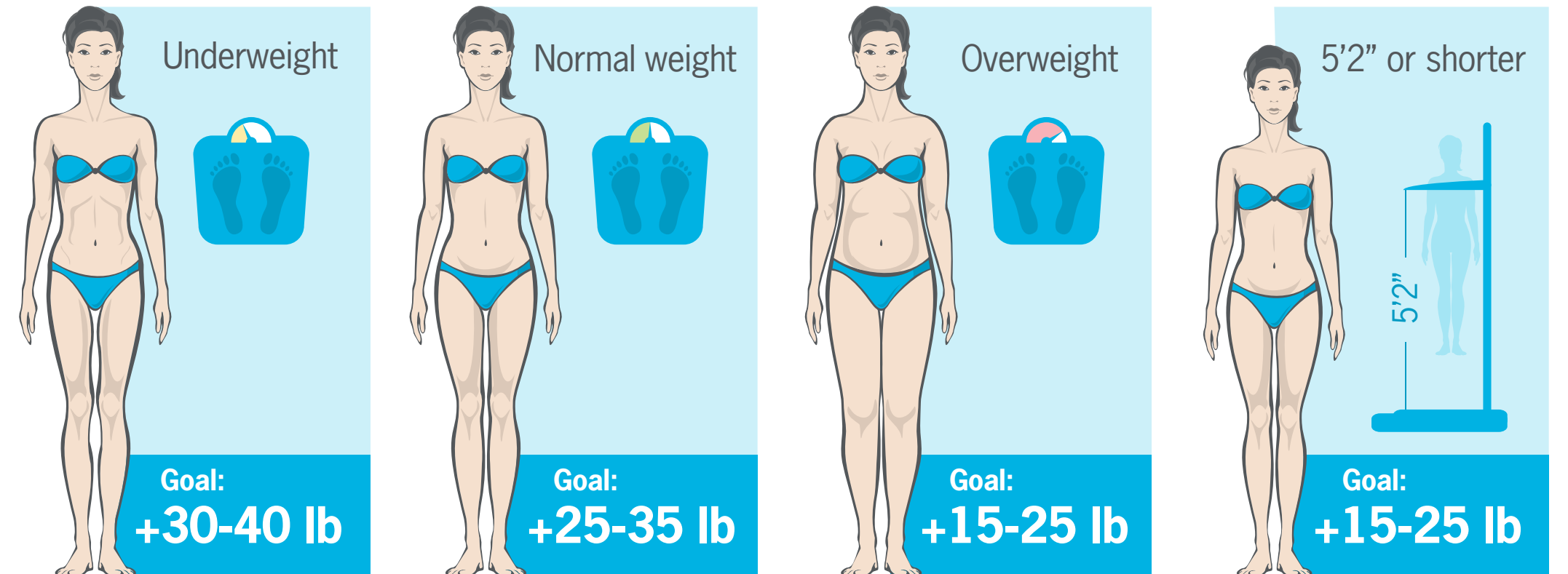
Your waist disappeared, so why not just eat ice cream, right? Hold up! For extra calories prioritize minimally-processed proteins, carbohydrates, fats, and colorful vegetables.

HOW MUCH WEIGHT SHOULD YOU GAIN?



Think of yourself as a nutrient funnel. Your baby will take and take - so if you don't keep the funnel full, you'll both come up short. Gain the right amount of weight yourself, and your baby will, too.

If you're starting out...



BUILDING YOUR PREGNANCY DIET

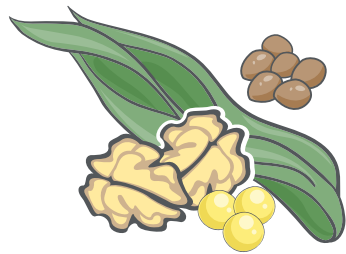


WHAT TO INCLUDE



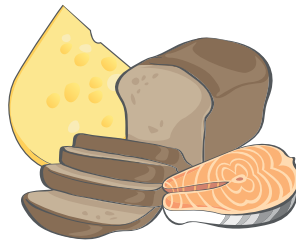
PROTEIN

- Eat 4-6 palm-sized portions of protein-rich foods daily
- Opt for lean meats (preferably grass-fed, organic)
- Include a small amount of dairy
- Supplement with natural, unsweetened protein powder if necessary



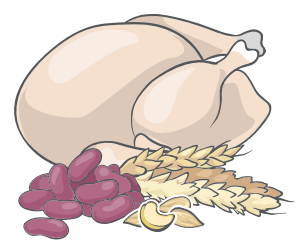
OMEGA-3

- Flax
- Walnuts
- Chia
- Hemp
- Seaweed
- Algae or fish oil (non-liver) supplements



VITAMIN D

- 20-30 minutes sun exposure 2-3 days per week
- Vitamin D-fortified foods



ZINC

- Whole grains
- Animal foods
- Legumes
- Nuts



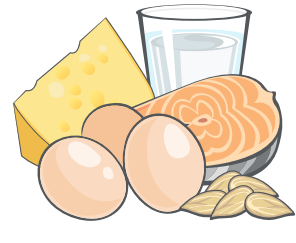
FOLATE

- Legumes
- Dark, leafy veggies
- Folate-fortified foods



CALCIUM

- Dark, leafy veggies
- Legumes
- Bok choy
- Tofu
- Figs
- Nuts
- Seeds
- Fortified milks
- Fortified cereal grains



VITAMIN B-12

- Animal foods



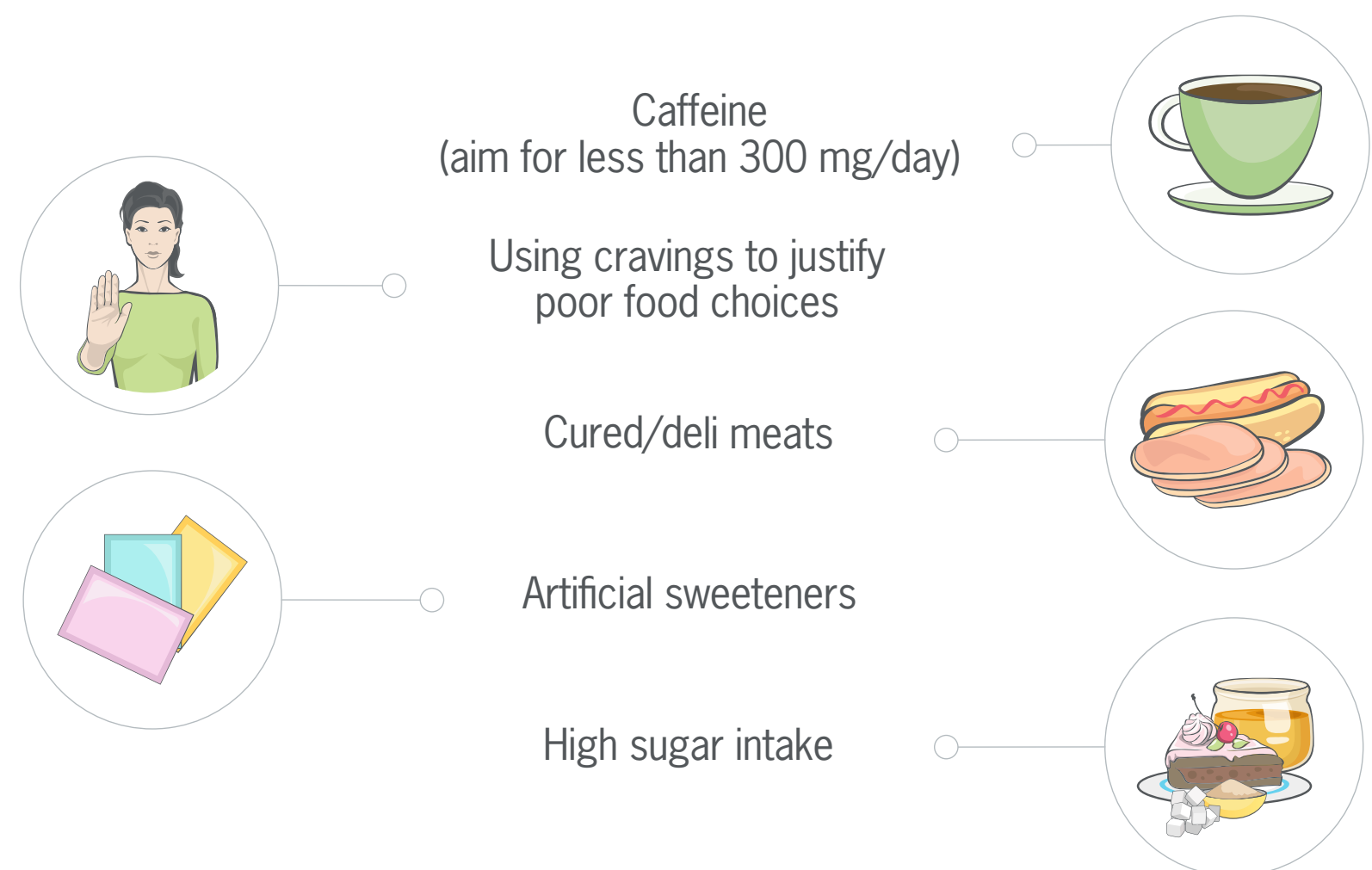
IRON

- Seeds
- Whole grains
- Animal foods
- Nuts
- Dried fruits
- Dark, leafy veggies

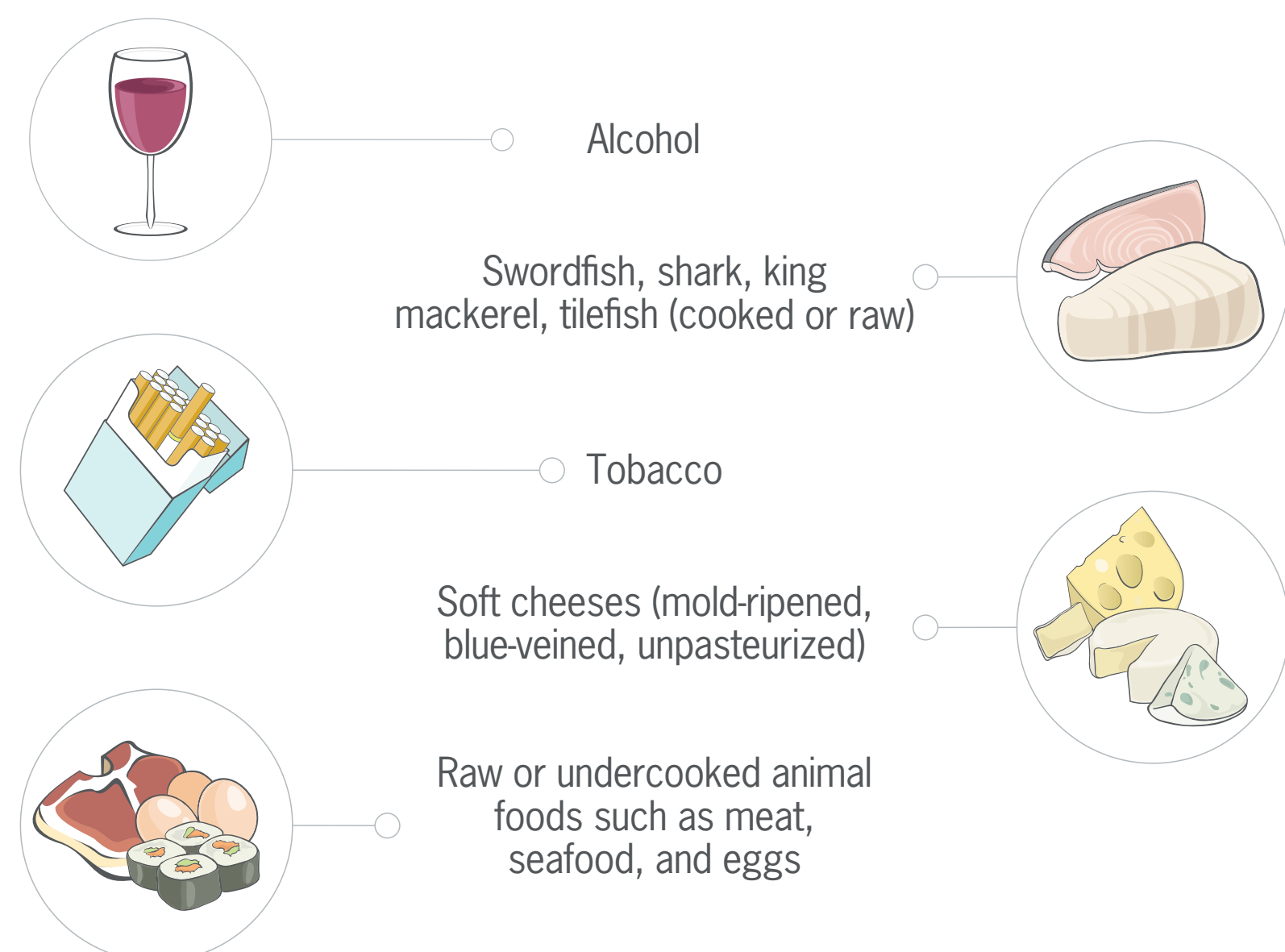


WHAT TO LIMIT

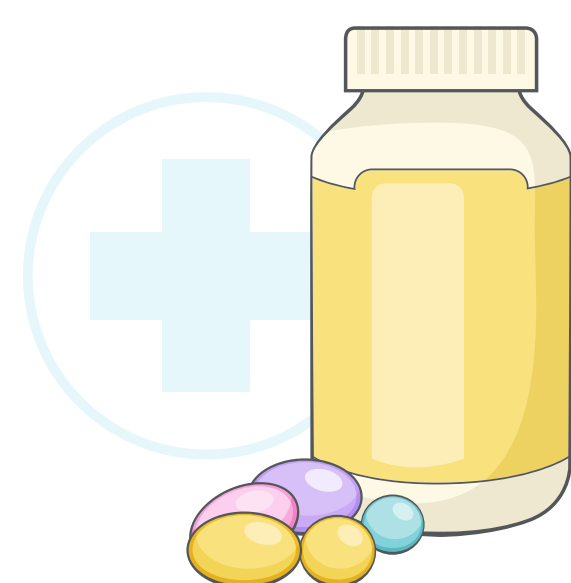
AVOID OR MINIMIZE



COMPLETELY AVOID



SUPPLEMENTS



Whether your doctor prescribed a specific prenatal vitamin or you're looking for one on your own, make sure the pill delivers:

- 3 µg/day of vitamin B-12
- 400 µg/day of folic acid (ask your doc if your genetics require a different folate)
- 1,000 IU/day of vitamin D (especially if you're not getting much sun)