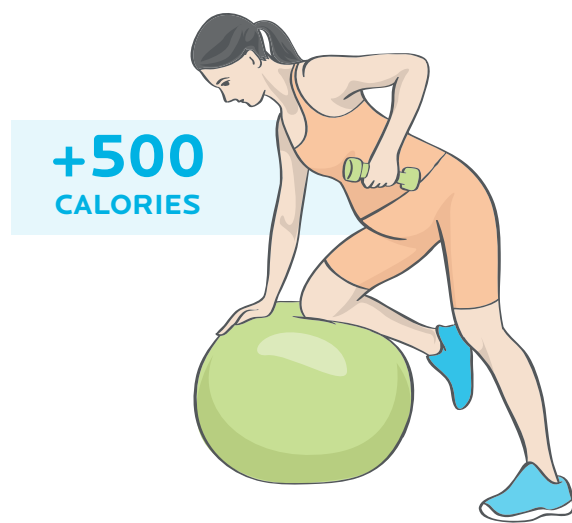


WHAT TO EAT WHEN PREGNANT: BUILDING A DIET THAT KEEPS YOU AND BABY HEALTHY

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.



If you exercise regularly



If you're not very active



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.



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

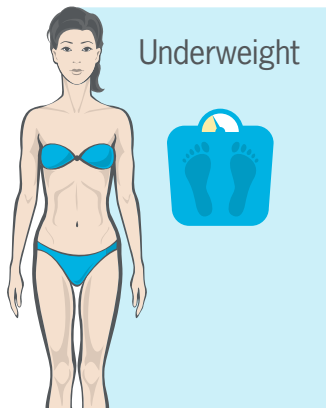
HOW MUCH WEIGHT SHOULD YOU GAIN?



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.

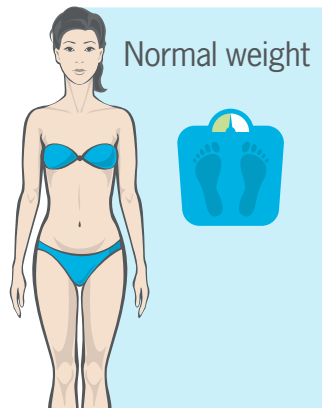
If you're starting out...

Underweight



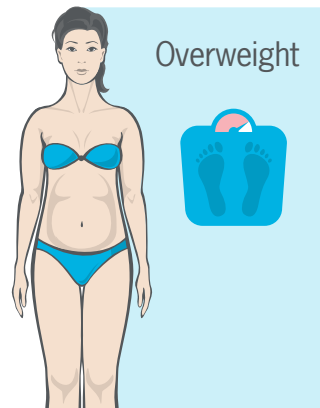
Goal:
+30-40 lb

Normal weight



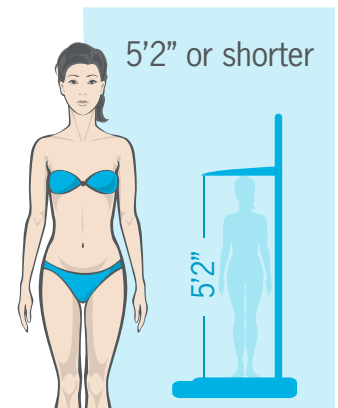
Goal:
+25-35 lb

Overweight



Goal:
+15-25 lb

5'2" or shorter



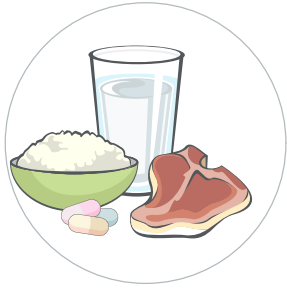
Goal:
+15-25 lb

BUILDING YOUR PREGNANCY DIET

Here's an extra healthy-diet incentive: Eating well during pregnancy could help your child avoid greater risk of cardiovascular disease, hypertension, and type 2 diabetes later in life.



WHAT TO INCLUDE

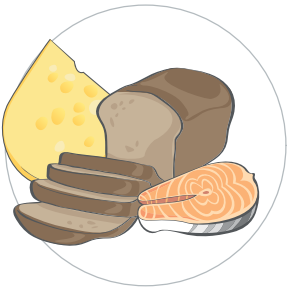
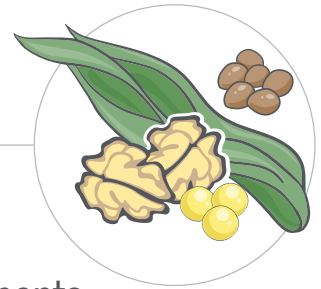


PROTEIN

- 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

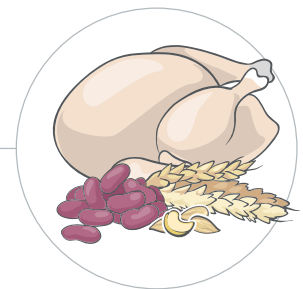


VITAMIN D

- 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

IRON

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

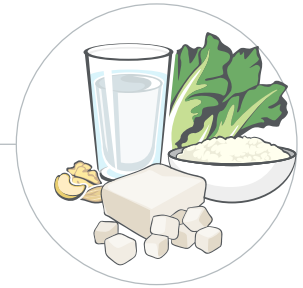




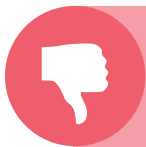
VITAMIN B-12

- Animal foods

CALCIUM



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



WHAT TO LIMIT

AVOID OR MINIMIZE

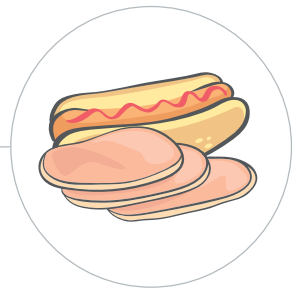


Caffeine
(aim for less than 300 mg/day)



Using cravings to justify
poor food choices

Cured/deli meats



Artificial sweeteners

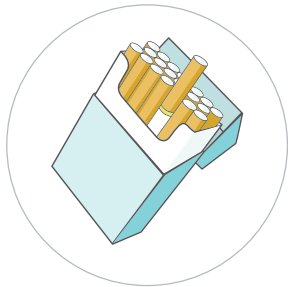
High sugar intake



COMPLETELY AVOID



○ Alcohol

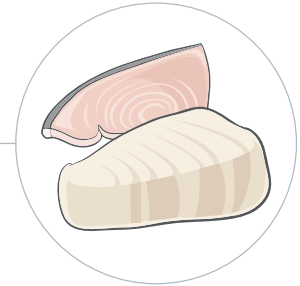


○ Tobacco



○ Raw or undercooked animal foods such as meat, seafood, and eggs

○ Swordfish, shark, king mackerel, tilefish (cooked or raw)



○ Soft cheeses (mold-ripened, blue-veined, unpasteurized)

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)

