



FOR MOMS



Eating for a Healthy Baby

When you are pregnant, you have special nutritional needs. Follow the MyPlate Plan to help you and your baby stay healthy. The plan shows different amounts of food for different trimesters, to meet your changing nutritional needs.

Most doctors recommend that pregnant women take a prenatal vitamin and mineral supplement every day **in addition to** eating a healthy diet. This is so you and your baby get enough folic acid, iron, and other nutrients. But don't overdo it. Taking too much can be harmful.

	1st Trimester*	2nd & 3rd Trimester*	
Focus on fruits	2 cups (500 ml) daily	2 cups (500 ml) daily	Fruits
<i>Eat a variety of fruit.</i>	1 cup = 1 cup (250 ml) fruit or juice, OR 1/2 cup (125 ml) dried fruit		

	2 1/2 cups (625 ml) daily	3 cups (750 ml) daily	
Vary your veggies			Vegetables
<i>Eat more dark green and orange vegetables and cooked dry beans.</i>	1 cup = 1 cup (250 ml) raw or cooked vegetables or juice, OR 2 cups (500 ml) raw leafy greens		

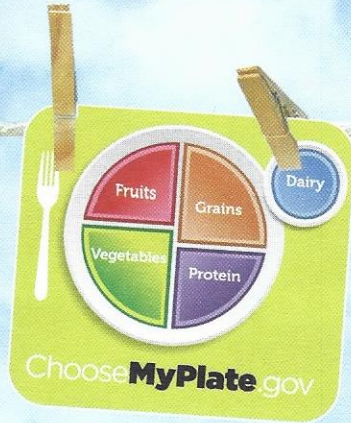
	6 oz. (170 g) daily	8 oz. (226 g) daily	
Make half your grains whole grains			Grains
<i>Choose whole grains instead of refined grains.</i>	1 oz. = 1 slice bread (35 g), 1 cup (30 g) ready-to-eat cereal, OR 1/2 cup (125 ml) cooked pasta, rice or cereal		

	5.5 oz. (155 g) daily	6.5 oz. (184 g) daily	
Choose low-fat or lean meats and poultry.			Protein
	Vary your protein routine		
	1 oz. = 1 oz. (30 g) lean meat, poultry, or fish, 1 egg, 1/4 cup (60 g) cooked dry beans, 0.5 oz. (14 g) nuts, OR 1 tablespoon (15 ml) peanut butter		

	3 cups (750 ml) daily	3 cups (750 ml) daily	
			Dairy
	Move to low-fat or fat-free milk or yogurt		
	Go low-fat or fat-free when you choose milk, yogurt, and cheese.		
	1 cup = 1 cup (250 ml) milk, 8 oz. (245 g) yogurt, 1.5 oz. (40 g) cheese, OR 2 oz. (56 g) processed cheese		

*These amounts are for an average pregnant woman. You may need more or less than the average. Check with your doctor to make sure you are gaining weight as you should.

In each food group, choose foods that are low in solid fats, added sugars, and sodium. Pregnant women and women who may become pregnant should not drink alcohol. Any amount of alcohol during pregnancy could cause problems for your baby.



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MyPlate Especially for Expecting Moms

Get a **MyPlate Plan for Moms** designed just for you. Go to www.ChooseMyPlate.gov and under "For Consumers" click on "Moms/Moms-to-be".

Weight Gain During Pregnancy

When you are pregnant, you need extra calories and nutrients to keep you and your baby healthy, but it doesn't mean you need to eat twice as much as normal. Most women only need about 300 extra calories each day.

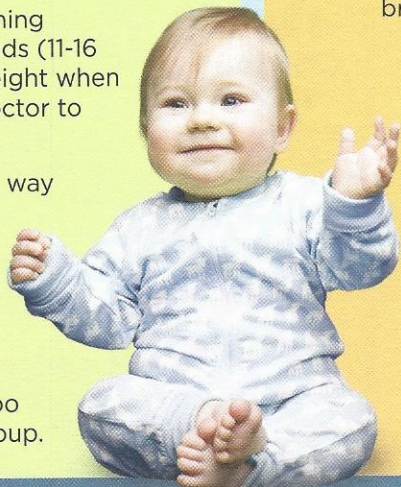
Many doctors suggest women gain weight at the following rate:

- 1-4 pounds (0.5 - 1.8 kg) during first trimester
- 2-4 pounds (1 - 1.8 kg)/month during second & third trimesters

Women at a healthy weight prior to becoming pregnant should gain between 25-35 pounds (11-16 kg). The total amount depends on your weight when you became pregnant. Check with your doctor to find the right amount for you.

If you are gaining weight too fast, the best way to eat fewer calories is to decrease the amount of "extras" you are consuming — 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.

If you are not gaining weight, or gaining too slowly, eat a little more from each food group.



Nutritional Needs During Pregnancy

Eating a healthy, balanced diet during pregnancy helps you and your baby get the nutrients you need. Choose a variety of foods from each food group that are good sources of vitamins and minerals, especially folic acid and iron:

Folic Acid (Folate): a B vitamin that helps prevent serious birth defects of a baby's brain or spine (also called neural tube defects). Good dietary sources of folic acid are:

- Enriched grain products (breakfast cereal, bread, pasta, rice)
- Dark leafy green vegetables
- Beans and legumes
- Citrus fruit

Iron: Extra iron is needed for the increasing amount of blood in your body during pregnancy. It keeps your blood healthy and able to carry oxygen to your cells. Good dietary sources of iron are:

- Lean meats, poultry, and fish
- Iron-fortified breakfast cereal
- Beans
- Dark leafy green vegetables
- Dried fruits

Food Safety for Pregnant and Breast-feeding Women

When you are pregnant, your ability to fight off infection is lower than usual. In addition, your unborn baby's immune system is not fully developed. To protect you and your baby's health during pregnancy, be careful about food safety. Listeria, toxoplasma, and mercury in fish can be dangerous to you and your baby.

General food safety advice to avoid foodborne illness:

- CLEAN:** Wash hands & surfaces often
- SEPARATE:** Don't cross-contaminate
- COOK:** Cook to proper temperature
- CHILL:** Refrigerate promptly

Health risk

Listeria

a harmful bacteria found in some refrigerated, ready-to-eat foods.

Toxoplasma

a parasite that may cause an infection that can be passed to unborn baby.

Mercury

can harm the developing nervous system in an unborn child or young baby.

Where it's found

Raw meat, unpasteurized milk and milk products, deli meats, hot dogs, and soft cheeses

Undercooked meat, unwashed fruits and vegetables, and in cat feces

Fish

How to prevent illness

Do not consume unpasteurized (raw) juice or milk. Make sure the label says, "Made with pasteurized milk." Throw away food that has passed its use-by or expiration date. Reheat hot dogs and luncheon meats until steaming hot.

Wash your hands after touching soil, sand, raw meat, or unwashed vegetables. Wash and peel all fruits and vegetables before eating. Have someone else change the cat's litter box, or wear gloves.

Do not eat shark, swordfish, king mackerel, and tilefish which have high levels of mercury. Limit low-mercury fish to 8-12 ounces (227 g - 340 g) a week (shrimp, canned light tuna, salmon, pollock, and catfish).