

# Pregnancy Nutrition

A registered dietitian nutritionist (RDN) can help you set specific nutrition goals and guide you in planning a personalized healthy eating pattern.

To find an RDN in your area, visit "Find an Expert" at [www.eatright.org](http://www.eatright.org)



When you are pregnant, eating well is one of the best things you can do for your growing baby. Healthy foods provide nutrients for your baby's bones, heart, brain, and more! Eating well can also keep you healthy and help you recover after you give birth.

## What Should I Eat?

The following food guide shows the variety and amounts of food groups you should eat during each trimester to meet your changing energy and nutrient needs. This is meant to be a general guide and your rate of weight gain may warrant eating more or less.

- **First trimester:** Continue a healthy pre-pregnancy diet
- **Second and third trimesters:** Increase your food group amounts (as described here) to supply about 350 more calories per day during the second trimester, and about 450 more calories per day during your third trimester.

If you are carrying more than one baby, consult a registered dietitian nutritionist (RDN) for advice on how to adjust your eating plan.



## Grains



Many grain foods provide dietary fiber, magnesium, and folate. Good choices include whole wheat bread, brown rice, whole wheat pasta, whole grain cereals, and oatmeal.

### Daily Goal

**First trimester:** 6 ounces  
**Second and third trimesters:** 8 ounces

### What equals 1 ounce?

- 1 slice of bread
- ½ cup cooked cereal, rice, pasta
- 1 cup ready-to-eat cereal

## Vegetables



Vegetables offer dietary fiber, vitamins, and minerals. Sweet potatoes are a good way to get vitamins A and C. Peppers supply vitamin C, too. Eat dark green vegetables like spinach, broccoli, asparagus, Brussels sprouts, kale, and collard greens for dietary fiber, vitamin A, vitamin K, and folate.

### Daily Goal

**First trimester:** 2½ cups  
**Second and third trimesters:** 3 cups

### What equals 1 cup?

- 1 cup cooked or raw vegetables
- 2 cups raw leafy greens
- 1 cup vegetable juice

## Fruits



Enjoy fruits like kiwi fruit, oranges, strawberries, cantaloupe, and peaches. They provide vitamin C, vitamin A, and other healthy nutrients.

### Daily Goal

**All trimesters:** 2 cups

### What equals 1 cup?

- 1 medium piece of fruit
- 1 cup berries or chopped fruit
- 1 cup 100% fruit juice
- ½ cup dried fruit



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