

# Nutrition During Pregnancy

## KEY NUTRIENTS FOR HEALTHY PREGNANCY

Nutrients / Amount Needed	Benefits	Sources
<b>Protein</b> 5 to 6 oz/day	Builds structural components and cells in baby's and mother's bodies. Provides energy for mother.	Lean meats, Chicken, Eggs, Tofu, Beans, Greek yogurt
<b>Folic Acid</b> 600 to 800 micrograms/day	Helps to prevent neural tube defects.	Fortified cereals and pastas, Dark green leafy vegetables, Legumes
<b>Iron</b> Minimum of 27 mg/day	Ensures baby and mother are getting enough oxygen. Helps mother avoid tiredness, weakness, and irritability.	Lean meats, Spinach, Beans, Cereals
<b>Calcium</b> 1000 mg/day	Needed for development of baby's teeth, bones, heart, nerves, and muscles. Helps mother's body regulate fluids.	Low-fat milk, Yogurt, Cheese, Figs, Kale, Almonds, Tofu
<b>Omega 3 Fatty Acids</b>	Good for baby's nervous system development, and may help boost mother's mood.	Salmon, Walnuts, Flaxseeds

### GENERAL TIPS:

Taking care of yourself during pregnancy gets your baby off to the best possible start in life.

- Eating a healthy, balanced diet will help you and your baby get the nutrition you need.
- You only need about **300 extra kcal/day in 2nd trimester** and about **450 extra kcal/day in 3rd trimester**.
- Extra kcals should be from nutritious foods, such as lean meats, low-fat dairy, fruits, vegetables, and whole grains.
- Drink approximately **12 (8 oz) cups of water throughout the day**.
- By eating a variety of healthy foods, you should get all the nutrients you need for pregnancy from food and prenatal vitamins. However, you may need an additional multivitamin and mineral supplement.\*

- Taking your vitamins with a small meal or snack will help you better tolerate and absorb them, with the exception of an iron supplement. Iron is best taken on an empty stomach for best absorption.

\* Vitamin and mineral supplements cannot replace a healthy diet. Talk with your doctor or a Registered Dietitian (RD) about taking a supplement. Be sure to tell your doctor or RD about any supplements you are already taking to protect yourself against taking too much.

#### SOURCES:

American Pregnancy Association <[www.americanpregnancy.org](http://www.americanpregnancy.org)>  
 EBSCO host Research Database <[www.ebscohost.com](http://www.ebscohost.com)>  
 Choose MyPlate—US Department of Agriculture <[www.choosemyplate.gov/nutritional-needs-during-pregnancy](http://www.choosemyplate.gov/nutritional-needs-during-pregnancy)>  
 Pregnancy Nutrition - Good Health for You and Your Baby.  
 American Dietetic Association.

