

## Pregnant Women's Healthy Diet

## What is a healthy diet for pregnant women?

When you are pregnant, eating a healthy diet is more important than ever. Everything that you eat or drink will affect your baby's development.

To ensure that you eat a healthy diet during your pregnancy, it is recommended that you eat 6-11 servings of bread, rice, pasta, and other whole grain products every day. Eat 3-5 vegetables a day to help get the right amount of vitamins and minerals. Also, you should be having 2-4 servings of fruit each day. Try to eat 3 servings of high protein foods, such as beans, meat, tofu, and nuts. To get enough calcium and other important nutrients, have 3-4 servings of dairy products. Fats, oils, and sweets should be eaten sparingly.



## How much is in a serving?

Bread, Cereal, Rice, and Pasta Groups	Vegetable Group	Fruit Group	Milk, Yogurt, and Cheese Group	Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group	Fats, Oils, and Sweets Group
1 slice of bread	1/2 cup chopped raw or cooked vegetables	1 piece of fruit (medium)	1 cup milk	2 1/2 to 3 ounces cooked meat, poultry, or fish	
3/4 cup plain crackers	1 cup raw, leafy vegetables	3/4 cup fruit juice	1 cup yogurt	1 1/2 cup cooked beans	
1/2 hamburger roll	3/4 cup vegetable juice	1/2 cup chopped fruit	1 1/2 ounces natural cheese	2-3 eggs	
1/2 cup cooked rice, pasta, or cereal		1/4 cup dried fruit	2 ounces processed cheese		
1 ounce ready-to-eat cereal			1 cup frozen yogurt		
			1 1/2 cups ice cream		

## What specific requirements do I need during my pregnancy?

Daily Pregnancy Requirement	Why You and Your Baby Need this Nutrient/Food	Food Sources for this Requirement
60 grams of protein	<ul style="list-style-type: none"> <li>• helps fetal tissue to grow</li> <li>• helps develop your breasts and uterus</li> <li>• increases blood supply</li> <li>• aids the growth and development of the placenta</li> <li>• maximizes fetal brain development</li> </ul>	<ul style="list-style-type: none"> <li>• milk</li> <li>• cheese</li> <li>• eggs</li> <li>• meat, fish, and poultry</li> <li>• beans</li> <li>• nuts</li> </ul>
1200 mg of calcium	<ul style="list-style-type: none"> <li>• helps the development and formation of the fetal skeleton</li> <li>• aids the development of the baby's tooth buds</li> </ul>	<ul style="list-style-type: none"> <li>• milk</li> <li>• yogurt</li> <li>• cheese</li> <li>• whole grains</li> <li>• leafy vegetables</li> <li>• egg yolk</li> </ul>
2 servings of vitamin C rich foods	<ul style="list-style-type: none"> <li>• heals wounds</li> <li>• repairs tissues</li> <li>• develops teeth and bones</li> <li>• assists various other maternal and fetal metabolic processes</li> </ul>	<ul style="list-style-type: none"> <li>• citrus fruits and juices</li> <li>• tomatoes</li> <li>• strawberries</li> <li>• melons</li> <li>• peppers</li> <li>• potatoes</li> </ul>
400 mg of folic acid	<ul style="list-style-type: none"> <li>• significantly decreases the risk of your baby being born with neural tube defects like spina bifida</li> </ul>	<ul style="list-style-type: none"> <li>• dark green leafy vegetables</li> <li>• citrus fruits and juices</li> <li>• fortified breads and cereals</li> <li>• whole grains</li> <li>• dried beans and peas</li> </ul>
8 glasses of fluids	<ul style="list-style-type: none"> <li>• helps build the fetus's cells</li> <li>• develops the circulatory system</li> <li>• helps deliver nutrients to the fetus</li> <li>• assists with the excretion of wastes</li> <li>• helps prevent dry skin</li> <li>• reduces risk of urinary tract infection</li> </ul>	<ul style="list-style-type: none"> <li>• water</li> <li>• fruit juice</li> <li>• vegetable juice</li> </ul>
30 mg of iron	<ul style="list-style-type: none"> <li>• increases maternal blood volume</li> <li>• prevents anemia</li> </ul>	<ul style="list-style-type: none"> <li>• green leafy vegetables</li> <li>• fortified breads and cereals</li> <li>• meat, fish, and poultry</li> <li>• beans</li> <li>• nuts</li> <li>• eggs</li> </ul>