

# Nutrition Standards for Pregnant Women

## Caloric Intake Guidelines:

- **First Trimester:** During the first trimester, caloric needs don't increase significantly. Focus should be on nutrient-dense foods, as early fetal development is dependent on quality rather than quantity.
- **Second Trimester:** An additional 300-350 calories per day is recommended to support the growing baby and increased maternal energy needs.
- **Third Trimester:** In the final trimester, caloric intake may increase by an additional 450-500 calories per day. Prioritize whole foods rich in nutrients over empty calories from processed foods.



## Macronutrient Breakdown:



- **Protein:** Aim for 70-100 grams per day to support the development of fetal tissues, including the brain and organs. Protein also supports maternal blood supply and muscle mass.
- **Carbohydrates:** Around 45-65% of total daily calories should come from carbohydrates, with an emphasis on complex carbs like whole grains, fruits, and vegetables to provide steady energy and prevent gestational diabetes.
- **Fats:** Healthy fats are vital for fetal brain development. About 25-35% of your daily calories should come from fats, with an emphasis on unsaturated fats like olive oil, avocado, and fatty fish.

