



HEALTHY DIET

Reviewed by Dr. James E. Ferguson II, Chair of the
Department of Obstetrics and Gynecology at the
University of Virginia.

Reviewed on 11/20/2019
Valid through November 2020



EATING HEALTHY

When you're pregnant, everything that you eat affects both you and your baby, so it can sometimes be stressful to find foods that are nutritious for the both of you. You

also need more of certain vitamins and minerals in the months during and after your pregnancy. The U.S. Department of Agriculture has excellent advice (www.choosemyplate.gov) to help pregnant women and new mothers. On this website, you can add personal information, like your age, height, and weight. The website will then help you identify a unique diet plan for your three trimesters and through breastfeeding.



DAILY MEAL PLAN

This website is based on the 5 food groups:

grains, fruits,
vegetables, protein,
and dairy. Oils and
fats are also
important, because
they provide

*Eating healthy is
part of living a
healthy life. Small
changes help!*

important nutrients,
but solid fats from

animals should be limited. If you're
expecting more than one baby, talk to your
doctor about what is healthy for you.

A general healthy diet for pregnant moms is
below, but you can get personalized diet
from either your doctor or from the daily
checklist on the USDA website.

◇ Grains: 6-8 ounces

- Aim for whole grains for at least

half of daily grain choices

- ◇ Vegetables: 2.5-3.5 cups
- ◇ Fruits: 2 cups
- ◇ Milk/Milk Products: 4 cups
- ◇ Proteins: 5-6.5 ounces
- ◇ Oils: 6-7 teaspoons
- ◇ Water: 8-10 cups

VITAMINS

- ◇ Prenatal vitamin (every day)
- ◇ Vitamin D
 - Obtained from milk or being in the sun

- Helps to build your baby's teeth and bones



◇ Calcium

- Obtained from milk-products
- Helps to build your baby's teeth and bones

◇ Iron

- Helps to make red blood cells,

which carry oxygen to your baby

◇ Fish/Shellfish (2 servings/week)

- Omega-3 fatty acids, found naturally in many kinds of fish, help develop the baby's brain
- Avoid fish that might contain mercury, such as shark, swordfish, king mackerel or tilefish
- Limit white tuna to 6 ounces per week.