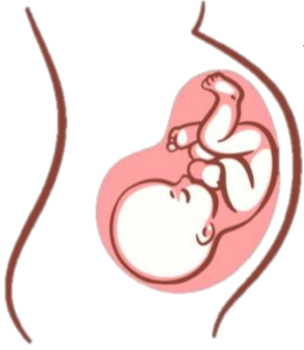


# nutrition needs during pregnancy



A lot is changing as your body works to grow and nourish the new addition to your family! **What, when, and how much** you eat directly affects your pregnancy health and your baby's growth and development.



## WHAT to eat during pregnancy

### PROTEIN

makes up what your body needs to support baby. It strengthens and forms every part of your baby



chicken  
fish (see fats)  
eggs  
low-fat dairy  
nuts/nut butters  
beans and lentils

### CARBOHYDRATES

give your body daily energy. Whole grains give long-term energy and fiber to help your digestion



whole grain bread  
rice and pasta  
oatmeal  
fresh fruits  
dried fruits  
beans and lentils

### FOLIC ACID

helps develop baby's brain and nervous system. It builds new red blood cells for you and baby



whole grains  
citrus fruits  
spinach  
broccoli  
asparagus  
beans and lentils

### FATS & DHA

a special fat called DHA helps to develop your baby's eyes, nervous system, and their brain



salmon or trout  
herring, sardines  
eggs  
avocados  
nuts/nut butters  
oil (canola, olive)

### IRON

helps your body build red blood cells to carry oxygen around your body and to your baby



beef  
dried fruits  
eggs  
leafy veggies  
nuts and seeds  
beans

### CALCIUM

builds your baby's teeth and bones. Calcium helps to prevent fragile bones for you and baby



salmon  
dried fruits  
spinach / kale  
low-fat dairy  
nuts and seeds  
beans and lentils

### PRENATAL VITAMIN

Even a balanced, healthy diet does not take the place of a **prenatal vitamin**, which is designed to meet the increased nutrient needs of pregnancy.



### OTHER VALUABLE VITAMINS

By eating a **colorful** diet, you are including important vitamins like Vitamin C to help absorb iron and Vitamin D to help with your baby's bone and teeth development.

# good nutrition supports good growth



**VARIETY** of fruit, vegetables, dairy, protein, vitamins, and minerals in your diet helps to build a **strong defense of healthy bacteria** in your own body and in your baby's developing gut and organs.

You also transfer **FLAVORS** from your diet to your baby – so this is their **first exposure to variety!**

Calorie needs increase during pregnancy to support your body and the growth and development of your baby.

**HOW MUCH** you eat is important!



**1<sup>st</sup>**  
trimester

**no extra calories**

choose healthy, nutritious foods

weight gain goal: 1 lb per month

**supporting:** your placenta, umbilical cord, baby's brain, spinal cord, heart, arms, legs, fingers, toes, nose, mouth, ears, and eyelids.

**baby grows:** from the size of a poppy seed to the size of a peach



**2<sup>nd</sup>**  
trimester

**extra 300 calories daily**

weight gain goal: 0.5-1 lb per week

**supporting:** your baby's activity to kick, flip, smile, hiccup, and swallow your baby will start developing senses like sight and hearing.

**baby grows:** from the size of a peach to the size of a cantaloupe



**3<sup>rd</sup>**  
trimester

**extra 300 calories daily**

weight gain goal: 0.5-1 lb per week

**supporting:** your baby's brain, lungs, hair, body fat, and skull

**baby grows:** from the size of a cantaloupe to the size of a watermelon

Scan the Pursuit app QR code for more tips, recipes, and practice.

The app also has health education for post-partum nutrition.



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