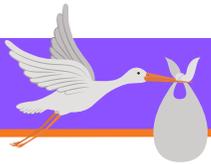


EATING DURING PREGNANCY



What to Eat

- Select a mix of healthy foods from each food group
- Include fruits and veggies with each meal.
- Get the calcium and vitamin D you need, grab low-fat or fat-free dairy foods.
- Choose whole grains and lean proteins.
- Opt for olive or vegetable oil for cooking and salad dressings.



What NOT to Eat

- Unpasteurized milk and foods made with unpasteurized milk
- Soft cheeses, feta, queso blanco and fresco, Camembert, brie or blue-veined cheeses (unless labeled “made with pasteurized milk“)
- Hot dogs and luncheon meats—unless heated until steaming hot)
- Raw and undercooked meat and seafood, including sushi made with raw fish
- Refrigerated pâté, meat spreads, and smoked seafood
- Raw eggs and foods made with raw eggs (homemade mayo, eggnog)
- Alcohol and foods cooked with alcohol
- Herbal products

How Much to Eat

Estimated Calories Needed

- 1st trimester = 2,000
- 2nd trimester = 2,200
- 3rd trimester = 2,400

Actual Calories Needed

Depends on your age, height, weight, and activity level. Ask a dietitian to compute your individual calorie needs. Or, compute yourself at www.myplate.gov