

mom's 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.

mom's nutrition needs : during pregnancy



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!



1st
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



2nd
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



3rd
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.



Use our organization code:
BMCFMF