

## GENERAL NUTRITION: WHAT TO EAT WHEN YOU ARE PREGNANT

### GOOD FOODS TO EAT WHILE PREGNANT

[www.marchofdimes.com/pregnancy/eating-healthy-during-pregnancy.aspx](http://www.marchofdimes.com/pregnancy/eating-healthy-during-pregnancy.aspx)

Sample- see website

Choosing healthy foods		
<p>How much should you eat each day when you're pregnant? The longer you're pregnant, the more food you need from certain food groups. <b>Follow these guidelines:</b></p>		
	<p><b>Grains</b> Eat 6 ounces per day in the first trimester, 7 ounces in the second trimester and 8 ounces in the third trimester.</p>	<p><b>1 ounce of grains is equal to:</b></p> <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 cup ready-to-eat cereal</li> <li>• ½ cup cooked rice, pasta or cereal</li> <li>• 1 small pancake (4½ inches in diameter)</li> <li>• 1 small tortilla (6 inches in diameter)</li> </ul>
	<p><b>Vegetables</b> Eat 2½ cups per day in the first trimester and 3 cups per day in the second and third trimester.</p>	<p><b>1 cup of vegetables is equal to:</b></p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables</li> <li>• 1 cup vegetable juice</li> <li>• 2 cups raw, leafy greens</li> <li>• 1 medium baked potato (2½ to 3 inches in diameter)</li> </ul>
	<p><b>Fruits</b> Eat 1½ to 2 cups per day in the first trimester and 2 cups per day in the second and third trimester.</p>	<p><b>½ cup of fruit is equal to:</b></p> <ul style="list-style-type: none"> <li>• ½ cup 100-percent fruit juice</li> <li>• ½ cup fresh, frozen or canned fruit</li> <li>• ½ a fruit (small orange, apple or banana)</li> </ul>
	<p><b>Milk products</b> Eat 3 cups per day all throughout pregnancy.</p>	<p><b>1 cup of milk product is equal to:</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup yogurt</li> <li>• 2 small slices of cheese or ⅓ cup shredded cheese</li> </ul>
	<p><b>Proteins</b> Eat 5 ounces per day in the first trimester, 6 ounces in the second trimester and 6½ in the third trimester.</p>	<p><b>1 ounce of protein is equal to:</b></p> <ul style="list-style-type: none"> <li>• 1 tablespoon peanut butter</li> <li>• ¼ cup cooked beans</li> <li>• 1 ounce lean meat, poultry or fish</li> <li>• 1 egg</li> <li>• ½ ounce nuts (12 almonds, 24 pistachios)</li> </ul>

Photographs by Eddie Berman

NUTRITION AND OTHER PREGNANCY RELATED EDUCATION- CPSP  
[www.acphd.org/cpsp-providers/patient-education-materials.aspx](http://www.acphd.org/cpsp-providers/patient-education-materials.aspx)