

# Healthy Eating During Pregnancy

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## How Much Should I Eat?

It is very important that you eat as healthily as you can while you are pregnant. Babies need nutrients from the food you eat to help them grow. You don't have to eat twice as much while you are pregnant, just twice as wisely. Keep in mind MyPyramid when choosing meals and snacks each day. The food groups are listed below along with the recommended number of daily servings and some examples of what one serving is.

### Bread Group: 9-11 Servings

Bread – 1 slice  
 Rice or pasta – 1/2 cup  
 Cold cereal – 1 oz.  
 Cooked cereal – 1/2 cup  
 Bagel – 1/2 each

### Fruit Group: 2-4 Servings

Juice – 3/4 cup  
 Dried fruit – 1/4 cup  
 Canned or frozen – 1/2 cup  
 Raw – 1 medium sized

### Meat Group: 2-3 Servings

Egg – 1 each  
 Meat – 2-3 oz (size of a deck of cards)  
 Cooked dry beans – 1/2 cup  
 Peanut butter – 2 Tbsp.

### Vegetable Group: 3-5 Servings

Raw – 1/2 cup  
 Cooked, canned or frozen – 1/2 cup  
 Raw leafy – 1 cup

### Milk Group: 2-3 Servings

Milk – 1 cup  
 Yogurt – 1 cup  
 Natural cheese – 1/4 cup grated

After the third month of pregnancy, you need to eat an extra 300 calories per day. Here are some examples of foods to add:

- 1 oz. cold cereal, 1 banana, and 1 cup milk
- 1 baked potato with 1 cup veggies, and 1 oz. cheese
- 2 oz. turkey on 2 slices of whole wheat bread with lettuce and tomato

## Am I Gaining Too Much Weight?

To figure out how much weight you need to gain, determine your weight before pregnancy.

**Normal weight:** gain 25-35 pounds

**Overweight:** gain 15-25 pounds

**Underweight:** gain 28-40 pounds

**Expecting twins:** gain 35-45 pounds.



## Why Do I need to Gain Weight?

- Your baby needs nutrients to grow.
- Proper foods will help your baby be healthy.
- Restricting food intake may cause your baby to be too small at birth.
- Small infants have a greater risk of being sick infants.
- The weight you gain includes the weight of the baby, extra blood and fluids, and the placenta.

## Discomforts During Pregnancy: Heartburn

During the last three months of your pregnancy, you may experience heartburn. Here are some tips worth trying to reduce your discomfort:

- Eat frequent, small meals.
- Reduce the amount of greasy, spicy and high fat foods you consume.
- Reduce the amount of caffeine you drink.
- Do not lie down after eating. Stand up or take a short walk.
- Sleep with your head elevated.
- Do not wear tight clothing.



## Discomforts During Pregnancy: Nausea

Nausea, or morning sickness, can occur anytime during pregnancy. If you experience these symptoms, try these tips:

- Eat bread, crackers, or dry cereal before getting out of bed in the morning.
- When you do wake up, get out of bed slowly.
- Eat five to six small meals throughout the day. Try not to let your stomach get empty.
- Limit high-fat, greasy foods.
- Eat a snack such as crackers and peanut butter before going to bed.
- Avoid foods with strong odors (such as spicy foods).
- Drink liquids between meals instead of with meals.
- Talk to your doctor if you vomit more than two times a day.

## Are Food Cravings Normal?

- Food cravings and dislikes are normal during pregnancy.
- Choose foods from MyPyramid. If you cannot eat one food in a group, try another food in that group.
- Do not let foods such as ice cream and chips replace nutritious foods.
- Avoid eating non-food items such as laundry starch and clay. Your baby needs nutritious food to grow properly.

### Chicken or Tuna Salad

Serves 7

3 cups elbow macaroni, cooked  
 1 1/2 cups cooked chicken, or 9 oz. can tuna, drained  
 1 green pepper, diced  
 1/2 cup onion, chopped  
 1 cup celery, diced  
 1 cup frozen peas  
 1-2 carrots, grated  
 3/4 cup light salad dressing

Mix macaroni, meat, green pepper, onion, celery, peas and carrots together in mixing bowl. Add salad dressing and mix. Chill before serving. (Note: Frozen peas will thaw while salad is chilling).

Nutrition Facts	
Serving Size 1 1/4 cups	
Servings Per Container 7	
Amount Per Serving	
<b>Calories</b> 240 <b>Calories from Fat</b> 90	
% Daily Value	
<b>Total Fat</b> 10g	15%
Saturated Fat 2g	10%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 210mg	8%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 3g	
Sugars 4g	
<b>Protein</b> 12g	
Vitamin A 122%	Vitamin C 35%
Calcium 3%	Iron 10%

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