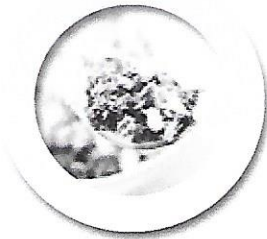


How much should you eat each day when you're pregnant? Here are some guidelines:



Grains

Eat 6 ounces per day in the first trimester, 7 ounces in the second trimester and 8 ounces in the third trimester. Make half of your grains each day whole grains.

1 ounce of grains is equal to:

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked rice, pasta or cereal
- 1 small pancake (4 ½ inches in diameter)
- 1 small tortilla (6 inches in diameter)



Vegetables

Eat 2 ½ cups per day in the first trimester and 3 cups per day in the second and third trimesters.

1 cup of vegetables is equal to:

- 1 cup raw or cooked vegetables
- 1 cup vegetable juice
- 2 cups raw, leafy greens
- 1 medium baked potato

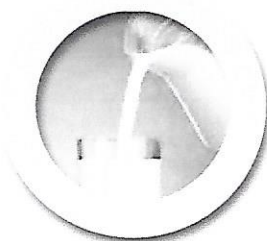


Fruits

Eat 1 ½ to 2 cups per day in the first trimester and 2 cups per day in the second and third trimesters.

½ cup of fruit is equal to:

- ½ cup 100% fruit juice
- ½ cup fresh, frozen or canned fruit
- ½ a fruit (small orange, apple or banana)
- 16 grapes



Dairy Products

Eat 3 cups per day all throughout pregnancy. Low-fat or skim is best.

1 cup of milk product is equal to:

- 1 cup milk
- 1 cup yogurt
- 2 small slices of cheese
- ½ cup shredded cheese



Proteins

Eat 5 ounces per day in the first trimester, 6 ounces in the second trimester and 6 ½ in the third trimester.

1 ounce of protein is equal to:

- 1 tablespoon peanut butter
- ¼ cup cooked beans or tofu
- 1 ounce lean meat, poultry or fish
- 1 egg
- ½ ounce nuts (12 almonds or 24 pistachios)

Knowing how big each of these serving sizes is can be tricky. Here are some everyday items that can help:

1 CUP is about the size of a baseball.



1/3 CUP is about as much as you can fit in your hand (a rounded or full handful).



1/2 CUP is about the size of 1/2 a baseball.



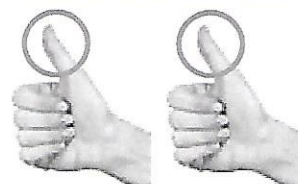
1/4 CUP is about the size of a golf ball.



1 TABLESPOON is about the size of 1/2 a ping-pong ball.



1 OUNCE of meat (chicken, pork, beef, fish, etc.) is about the size of two thumbs.



3 OUNCES of meat is about the size of a deck of cards or the palm of your hand.



A SMALL FRUIT (orange or apple) is about the size of a tennis ball.



It's important to eat healthy foods during pregnancy, and in the right amounts. Here are some tips:

How many calories do you need per day when you're pregnant?

Most pregnant women only need about 300 extra calories per day. The exact amount depends on your weight before pregnancy. If you're underweight before pregnancy, you may need more calories. If you're overweight before pregnancy, you may need less. Talk to your health care provider about what's right for you.

Is it OK to eat fish when you're pregnant?

Yes, as long as you eat the right kinds! Most fish are low in fat and high in protein and other nutrients your body needs.

Why are some fish not safe for pregnant women to eat?

Some fish contain mercury, a metal that can harm your baby's health. Fish get mercury from water they swim in and from eating other fish that have mercury in them. If you eat fish that have a lot of mercury in them, you can pass the metal to your baby during pregnancy.

If you're pregnant, thinking about getting pregnant or breastfeeding, you can eat 8 to 12 ounces each week of fish that are low in mercury. These include:

- Shrimp
- Salmon
- Pollock
- Catfish
- Canned light tuna
- Albacore (white) tuna – Don't have more than 6 ounces of this type of tuna in 1 week.

How can you make sure you're making healthy meals?

Use these tips when planning your meals:

- Eat foods from the five food groups at every meal.
- Choose whole-grain bread and pasta, low-fat or skim milk and lean meat, like chicken, fish and pork.
- Try to make half of your plate fruits and vegetables. Put as much color on your plate as you can.
- Try eating four to six smaller meals a day instead of three bigger ones. This can help relieve heartburn and discomfort you may feel as your baby gets bigger.
- Make sure your whole meal fits on one plate. Don't make huge portions.
- Drink six to eight glasses of water every day.
- Take a prenatal vitamin each day. This is a multivitamin made just for pregnant women.

Foods to avoid:

- Unpasteurized milk or juice
- Soft cheeses like feta and Brie
- Unheated deli meats and hot dogs
- Refrigerated, smoked seafood
- Undercooked poultry, meat or seafood

