

MyPyramid for Pregnancy



Pregnancy brings special nutritional needs to support you and your growing baby. MyPyramid Plan for Moms can help you and your baby stay healthy.

Nutrition Needs During Pregnancy

Here's what MyPyramid recommends:

- ➔ Eat the proper amounts of foods from each food group daily
- ➔ The calories and amounts of food you need will change with the stage of your pregnancy. See the chart for your changing nutritional needs.
- ➔ If you need help, visit www.mypyramid.gov/mypyramidmoms or talk with a WIC nutritionist.
- ➔ In addition to eating a healthy diet, most doctors recommend that pregnant women take a prenatal vitamin and mineral supplement to be sure you and your baby get enough iron and folic acid.
- ➔ Avoid alcohol while pregnant.
- ➔ Avoid some types of fish that may contain mercury. See: www.cfsan.fda.gov/~dms/admehg3.html or call 1-888-SAFEFOOD for more information.

Food Group	Trimester 1	Trimester 2-3	One cup or one ounce equals:	Remember to...
Eat this amount from each group daily.*				
<p>Fruits</p>	2 cups	2 cups	1 cup fruit juice ½ cup dried fruit	<i>Focus on fruits—</i> Eat a variety of fruits.
<p>Vegetables</p>	2½ cups	3 cups	1 cup raw or cooked veggies or juice 2 cups raw leafy veggies	<i>Vary your veggies—</i> Eat more dark-green and orange vegetables and cooked dry beans.
<p>Grains</p>	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice or cereal	<i>Make half your grains whole—</i> Choose whole instead of refined grains.
<p>Meat & Beans</p>	5½ ounces	6½ ounces	1 oz lean meat, poultry, or fish ¼ cup cooked dry beans ½ oz nuts or 1 egg 1 T peanut butter	<i>Go lean with protein—</i> Choose low-fat or lean meats and poultry.
<p>Dairy</p>	3 cups	3 cups	1 cup milk 8 oz. yogurt 1½ oz cheese 2 oz. processed cheese	<i>Get your calcium-rich foods—</i> Go low-fat or fat-free when you choose milk, yogurt, and cheese.

* These amounts are for an average pregnant woman. You may need more or less than the average. Check with your health care provider to make sure you are gaining weight as you should.



Weight Gain for Pregnancy

Every mother should gain weight during pregnancy. The amount you should gain will vary by your weight before you became pregnant. Talk to your doctor or WIC nutritionist to help you figure out the right amount of weight to gain and how quickly to gain it.

To gain weight without overdoing it, make nutrient rich food choices. "Nutrient rich" foods contain a

lot of vitamins, minerals and other good things your body needs, for the number of calories in one serving. Nutrient rich foods include low-fat dairy products, fruits, vegetables, whole grains, lean proteins and more. Take it easy on the extras, like candies, desserts, fatty meats, fried foods and soft drinks—they provide little nutrition but lots of calories.

How much weight should you gain while you're pregnant? *

Pre-Pregnancy Weight	Recommended Weight Gain	Weight Gain for 1st Trimester	Weight Gain for 2nd & 3rd Trimester
Underweight	25-40 pounds	5-6 lbs	1-2 lb/week
Healthy Weight	25-35 pounds	2-5 lbs	1 lb/week
Overweight	15-25 pounds	1-2 lbs	1 lb/week in the last six months

*Your health care professional or WIC nutritionist can help you determine this.

Stay Active When You're Pregnant

- ➔ Be sure to stay active during pregnancy, unless your doctor tells you not to.
- ➔ Include 30 minutes or more of physical activity such as walking or swimming on most days of the week.
- ➔ Avoid activities with a high risk of falling or injury.