

Daily Food Choices

These guidelines are for a pregnant woman who is of normal weight and who exercises less than 30 minutes a week. Here is the recommended daily food intake:

	First Trimester	Second Trimester	Third Trimester	Comments
Total calories per day	1,800	2,200	2,400	
Grains*	6 ounces	7 ounces	8 ounces	1 ounce is 1 slice of bread, 1/2 cup of cooked rice, 1/2 cup of cooked pasta, 3 cups of popped popcorn, or 5 whole wheat crackers
Vegetables	2 1/2 cups	3 cups	3 cups	2 cups of raw leafy vegetables count as 1 cup
Fruit	1 1/2 cups	2 cups	2 cups	1 large orange, 1 large peach, small apple, 8 large strawberries, or 1/2 cup of fresh fruit
Milk	3 cups	3 cups	3 cups	2 small slices of Swiss cheese count as 2 ounces
Meat and Beans	5 ounces	6 ounces	6 1/2 ounces	1 1/2 cup of cooked beans; 25 almonds, 13 cashews, or 9 walnuts count as 2 ounces
Extras	290 calories	360 calories	410 calories	These extra calories come from high-fat and high-sugar foods, or higher amounts of foods from the 5 food groups
Fats and Oils	6 teaspoons	7 teaspoons	8 teaspoons	Some foods are naturally high in fats and oils, such as olives and some fish, avocados and nuts

* Make one half whole grain