

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

Dash Diet

Eat up to 6 servings of grains a day; choose at least 3 servings of fiber-rich whole grains like 1 slice whole grain bread, 1 c. whole grain ready-to-eat cereal, ½ c. cooked brown rice, quinoa, or whole grain pasta.

Choose 2 – 3 servings a day of low-fat or fat-free dairy foods like skim or 1% milk, yogurt, and reduced-fat cheeses, or dairy alternatives like fortified soy or rice milk.

Use healthy fats like vegetable oils (canola, corn, olive, safflower, soybean or sunflower) in place of coconut oil. Use avocado, nut butters (almond, peanut), and soft margarines in place of butter. Eat 1 oz. of unsalted nuts or seeds 3 – 4 times each week as snacks or with meals.

Avoid foods with *trans* fat. Don't buy foods with the words "partially hydrogenated oil" on the ingredient list.

Limit sodium (salt) to 1,500 – 2,300 mg a day. Flavor your food with herbs, spices, citrus juices, and vinegars instead of salt. Read the food label and choose lower sodium foods.

Eat 3-4 cups of colorful vegetables a day like raw or cooked vegetables; leafy salad greens served with an oil and vinegar dressing; or low-sodium vegetable juice.

Eat up to 2 cups of fruits a day like fresh fruit, or frozen or canned fruit without added sugar. Limit 100% juice to ½ cup a day and avoid sugary drinks.

Choose up to 6 oz. of lean animal protein foods a day like skinless poultry, lean cuts of red meat like "round" and "loin," and oily fish twice a week.

Eat at least 1 cup of plant-based protein foods each week like soy (tofu, edamame) or legumes (kidney, pinto, black beans, and lentils) in place of lean animal protein.

Limit your cholesterol intake to <200 mg per day. Limit egg yolks to 2 – 4 a week; avoid organ meats like liver and gizzards, fatty red meats, butter, and full-fat dairy products.

Prepare foods by baking, grilling, broiling, stir-frying, boiling, steaming, or poaching.

