how much weight should I gain during pregnancy?

Gain weight slow and steady. Most women gain about 1 to 4 pounds in the first trimester.

if you started	you should	after the 1st trimester, plan to gain:
		und each week
		und each week
		ound each week
		ound each week

should.

day?

ounts as 1 ounce?

chopped
it juice

ge banana or 1 orange
s or 32 seedless grapes

ed vegetables
s or lettuce
greens
mato or vegetable juice
1 large tomato
eans or peas

6 inch) tortilla
cereal
ta, rice or oatmeal
crackers

eef, pork, chicken,
other meat

ut butter
ns or tofu
mus

cheese
d cheese

ounts are for
gnant woman.
eat more or less.

adapted from ChooseMyPlate.gov

steps to a healthy plate during pregnancy

make half of your plate **fruits and vegetables**

choose **whole grains** for at least half of your grain foods

choose fat-free (skim) or low-fat (1%) **dairy foods**

eat a variety of lean **protein foods**

Fruits · Grains · Vegetables · Protein · Dairy

ChooseMyPlate.gov

Limit food with added sugars and solid fats such as candy, desserts, fried foods, ice cream, sugary drinks and soda.

Pregnant women and women who may become pregnant should avoid alcohol, smoking and drug use.

Take a prenatal vitamin and mineral supplement every day.

Food Safety

cook safely:

- cook eggs until yolks are firm.
- heat hot dogs, luncheon meats and deli meats until steaming hot.

do not eat:

- unpasteurized (raw) milk, juice and cider
- soft cheeses made with unpasteurized milk
- salads made in the store (such as egg salad)
- raw sprouts or raw seafood
- refrigerated meat spreads, smoked seafood and smoked fish, and pâté
- cold hot dogs, luncheon meats and deli meats

enjoy seafood:

- eat 8 to 12 ounces of cooked fish or seafood each week.
- no more than 6 ounces of white (albacore) tuna each week.
- do not eat tilefish, shark, swordfish and king mackerel - they are high in mercury.

Protect your baby – your ability to fight off infections is lower than usual when you are pregnant.