

Eating healthy

How much weight should you gain during pregnancy?

Talk to your health care provider about weight gain during pregnancy. In general:

- If you were at a healthy weight before pregnancy, you want to gain about 25 to 35 pounds.
- If you were underweight before pregnancy, you want to gain about 28 to 40 pounds.
- If you were overweight before pregnancy, you want to gain about 15 to 25 pounds.
- If you were obese before pregnancy, you want to gain about 11 to 20 pounds.
- If you were at a healthy weight before pregnancy and are having twins, you want to gain about 37 to 54 pounds.

What foods and how much should you eat each day?

You need about 300 extra calories each day to support your baby's growth. The longer you're pregnant, the more food you need from certain food groups. Follow these guidelines:

Fruits

Eat 1½ to 2 cups per day in the first trimester and 2 cups per day in the second and third trimester.

½ cup of fruit is equal to:

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

Grains

Eat 6 ounces per day in the first trimester, 7 ounces in the second trimester and 8 ounces in the third trimester.

1 ounce of grain is equal to:

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked rice, pasta or cereal
- 1 small pancake (4½ inches in diameter)
- 1 small tortilla (6 inches in diameter)

Dairy products

Eat 3 cups per day all throughout pregnancy.

1 cup of dairy product is equal to:

- 1 cup milk
- 1 cup yogurt
- 2 small slices of cheese or ⅓ cup shredded cheese

Protein

Eat 5 ounces per day in the first trimester, 6 ounces in the second trimester and 6½ in the third trimester.

1 ounce of protein is equal to:

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

Vegetables

Eat 2½ 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 (2½ to 3 inches in diameter)



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What about fish?

It's a great idea to eat fish during pregnancy — as long as you eat the right kinds! Most fish are low in fat and high in protein and other nutrients your body needs.

You may have heard about mercury in fish. Mercury is a metal that can harm your baby. Fish get mercury from water they swim in and from eating other fish that have mercury in them. When you're pregnant, it's OK to eat fish as long as it's low in mercury.

Do eat 8 to 12 ounces each week of fish that are low in mercury including:

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

Don't eat fish that are high in mercury, including:

- Swordfish
- Shark
- King mackerel
- Tile fish

Be sure that any fish you eat is thoroughly cooked. Don't eat raw or undercooked fish, including sushi.

Vitamins and other nutrients during pregnancy

Eating healthy foods should give you all the nutrients you need during pregnancy. But it's hard to get some, like folic acid and iron, just through food. Taking prenatal vitamins along with eating healthy foods can help you get the nutrients you and your baby need during pregnancy.

What are supplement, multivitamins and prenatal vitamins?

A supplement is a product you take to make up for certain nutrients that you don't get enough of in food. For example, you may take a supplement to help you get more iron, calcium or vitamin D. Your provider may want you to take certain supplements if you're a vegetarian, if you have certain food allergies or if you can't eat certain foods.

A prenatal vitamin is a multivitamin (one pill with lots of nutrients in it) made just for pregnant women. Compared to a regular multivitamin, it has more of some nutrients you need during pregnancy. Your provider can prescribe a prenatal vitamin for you at your first prenatal care visit. You also can buy them without a prescription.

Talk to your provider about any vitamins and supplements you take. Don't take any vitamin or supplement without your provider's OK.

What nutrients do you need during pregnancy?

Here's what you need to know about six important nutrients that can help you and your baby be healthy:

1. **Folic acid.** Folic acid is a B vitamin that every cell in your body needs for growth and development. If you take it before and during early pregnancy, it can help prevent birth defects of the brain and spine called neural tube defects. **During pregnancy, take a prenatal vitamin each day that has 600 micrograms of folic acid in it.** If you're not pregnant yet, take a multivitamin each day that has 400 micrograms of folic acid. Most women don't need more than 1,000 micrograms of folic acid a day, so talk to your provider to make sure you get the right amount.

Good food sources:

- Leafy green vegetables, like spinach and broccoli
- Lentils and beans
- Cereal, bread and pasta that has folic acid added to it (look for "fortified" or "enriched" on the package label)
- Orange juice



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2. Iron. Iron helps keep your blood healthy. You need more iron when you're pregnant because your body makes more blood. **During pregnancy, you need 27 milligrams of iron each day.** Most prenatal vitamins have this amount. You also can get iron from food. Good food sources:
 - Lean meat, poultry and seafood
 - Cereal, bread and pasta that has iron added to it (check the package label)
 - Leafy green vegetables
 - Beans, nuts, raisins and dried fruit
3. Calcium. You need calcium during pregnancy to help your baby's bones, heart, muscles and nerves develop. If you don't get enough, your body takes it from your bones and gives it to your baby. **During pregnancy, you need 1,000 milligrams of calcium each day.** You can get this amount by taking your prenatal vitamin and eating food that has calcium in it. Good food sources:
 - Milk, cheese and yogurt
 - Broccoli and kale
 - ~~Orange juice that has calcium added to it (check the package label)~~
4. Vitamin D. Vitamin D helps your body absorb calcium. Your baby needs vitamin D to help his bones and teeth grow. **During pregnancy, you need 600 IU (international units) of vitamin D each day.** You can get this amount by taking your prenatal vitamin and eating food that has vitamin D in it. Good food sources:
 - Fatty fish like salmon
 - Milk and cereal that has vitamin D added to it (check the package label)
5. DHA (docosahexaenoic acid). This is a kind of fat (called omega-3 fatty acid) that helps with growth and development. **During pregnancy, you need 200 milligrams of DHA each day to help your baby's brain and eyes develop.** Not all prenatal vitamins contain DHA, so ask your provider if you need to take a DHA supplement. You also can eat foods that have DHA in them. Good food sources:
 - Herring, salmon, trout, anchovies and halibut
 - Orange juice, milk and eggs that have DHA added to them (check the package label)
6. Iodine. This is a mineral that your body needs to make thyroid hormones that help your body use and store energy from food. **During pregnancy, you need 220 micrograms of iodine each day.** Not all prenatal vitamins contain iodine, so make sure you eat foods that have iodine in them. Ask your provider if you need to take an iodine supplement. Good food sources:
 - Fish
 - Milk, cheese and yogurt
 - Enriched or fortified cereal and bread (check the package label)

Talk to your provider to make sure you get the right amounts of these nutrients each day.

Don't eat that!

What foods are not OK to eat during pregnancy?

- **Raw meat or fish** — Eating uncooked meat or fish can make a pregnant woman sick. You can pass bad germs from the raw meat to your baby. Don't eat raw hot dogs, uncooked deli meat or sushi.
- **Raw eggs** — Make sure eggs are fully cooked.
- **Milk and juice products that are not pasteurized** — If a food is pasteurized, it's been heated to kill bad germs. Look for the word "pasteurized" on the label of juice, milk, yogurt and soft cheeses, including brie, feta, Camembert, Roquefort, blue-veined, queso blanco, queso fresco and Panela.
- **Fish that are high in mercury** — Mercury is a metal that can harm your baby. Fish get mercury from the water they swim in and from eating other fish that have mercury in them. Some fish, like shark, swordfish, king mackerel and tile fish, have a lot of mercury. Don't eat these kinds of fish when you're pregnant.

What foods should you limit during pregnancy?

- **Fish that have small amounts of mercury** — It's OK to eat a limited amount of these fish during pregnancy. You can eat up to 12 ounces a week. The 12 ounces can include:
 - Shrimp, salmon, pollock, catfish and canned light tuna
 - Albacore (white) tuna. Don't eat more than 6 ounces of this tuna per week.

- **Coffee and other things that contain caffeine** — Caffeine is a drug that is found in things like coffee, tea, soda, chocolate and some energy drinks and medicines. Too much caffeine in pregnancy may lead to premature birth or miscarriage. During pregnancy, limit the caffeine you get each day to 200 milligrams. This is about the amount in one 12-ounce cup of coffee. Read labels on food, drinks and medicine to know how much caffeine you're getting.

What if you crave nonfoods?

If you crave nonfoods, tell your health care provider. Nonfoods can be harmful to a woman and her baby. Don't eat nonfoods like:

- Ice
- Clay
- Laundry starch
- Dirt
- Charcoal
- Milk of magnesia
- Coffee grounds



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Shopping on a budget

Food shopping tips

Use these tips to help you shop for healthy foods without spending a lot of money:

- **Make a budget and a menu for the week.** See what foods you already have at home, and then make a list of what you need to buy. Check store flyers to see what's on sale and on your list. Stick to the list when you're at the store.
- **Shop at larger grocery stores, at the farmers' market or at farm stands.** They may have better prices for fresh foods than smaller grocery stores in your neighborhood.
- **Find out if your store has a discount card.** It can help you save money on food and other products. Most discount cards are free, so get one for every store in your area.
- **Compare prices between store brands and name brands.** Often the store brands cost less.
- **Buy whole fruits and vegetables.** The ones ~~that come already washed and cut~~ cost more. If you can't get fresh fruit, buy frozen fruit or canned fruit that's packed in its own juice.
- **Make more than you need and freeze it for future meals.** Also, freeze unused vegetables and spices like onions, peppers, parsley and garlic.

- **Have a meatless meal now and then.**

Meat is the most expensive thing on your grocery list, so have a few meals without it. For example, try rice and beans or vegetable lasagna.

- **Keep staple foods on hand at home.**

These are foods that you can use for almost any meal. Examples are beans, rice, pasta, frozen vegetables, pasta sauce and peanut butter.

Food-assistance programs

If you need help to pay for food for you and your family, find out about food-assistance programs in your area.

- **WIC** — WIC stands for Women, Infants and Children. The program works through your state government to help provide food for pregnant women, breastfeeding women, women who have had a baby within the last 6 months, and infants and children up to 5 years old. For more information or to find contact information for your state, go to www.fns.usda.gov/wic.
- **Supplemental Nutrition Assistance Program (SNAP)** — This program used to be called the Food Stamp Program. It helps certain U.S. citizens and some non-citizens pay for food. For more information or to find contact information for your state, go to www.fns.usda.gov/snap.



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Relieving stress and being active

Relieving stress: What you can do

- If you're really stressed and feel like you can't cope, tell your health care provider right away.
- Figure out what's making you stressed and talk to your partner, a friend or your health care provider about it. Cut back on activities you don't need to do.
- Stay healthy and fit. Eat healthy foods, get plenty of sleep and do something active every day (with your health care provider's OK).
- Know that the discomforts of pregnancy don't last forever. Ask your provider how to handle these discomforts.
- Have a good support network, including your partner, family and friends. Ask your provider about resources in the community that may be able to help. Ask for help from people you trust and accept help when they offer.
- Try relaxation activities, like prenatal yoga or meditation.
- Take a childbirth education class so you know what to expect during labor and birth.
- If you're working, talk to your supervisor about working during pregnancy. Make plans together to get ready for time away from work for prenatal care visits and after your baby is born.

Being active: What you can do

- Talk to your provider about your exercise plans before you start. If you haven't exercised before, start slowly.
- Do something active every day. You don't have to go to a gym to be active. Things like walking, vacuuming and yardwork are good, too.

- Don't do activities, like high-impact aerobics or jogging, that involve jumping or put stress on joints, especially in the last 3 months of pregnancy.
- Don't get overheated, especially during the first trimester. Stop doing an activity when you feel tired.
- Drink plenty of water before and during activities.
- Stretch before and after exercise to increase your strength and flexibility.
- Don't do activities that make you lie on your back after the first trimester because it can reduce blood flow to the uterus (womb).
- Don't use saunas or whirlpools, especially in the first trimester.

Can all pregnant women be physically active?

Most can, but not all. Ask your health care provider if it's OK for you to be active if you:

- Are overweight or underweight
- Have high blood pressure
- Have diabetes
- Have anemia
- Are pregnant with twins, triplets or more



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Don't be physically active during pregnancy if you:

- Have heart or lung problems
 - Have signs of preterm labor. This is labor that starts before 37 weeks of pregnancy.
 - Have vaginal bleeding that doesn't stop, problems with your cervix or your water breaks. Your cervix is the opening to the uterus that sits at the top of the vagina.
 - Have preeclampsia. This condition can happen after the 20th week of pregnancy or right after pregnancy. It's when a pregnant woman has high blood pressure and signs that some of her organs, like her kidneys and liver, may not be working properly. Signs of preeclampsia include having protein in the urine, changes in vision and severe headache.
 - Have placenta previa. This is when the placenta covers part or all of the opening of the cervix during the third trimester. The placenta grows in your uterus and supplies the baby with food and oxygen through the umbilical cord.
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Prescription medicines and pregnancy

Some prescription medicines (drugs) are safe to take during pregnancy, but not all. A prescription medicine is one your health care provider says you can take to treat a health condition. You need a prescription (an order for medicine) from your provider to get prescription medicine.

Taking some prescription medicines (like opioids to relieve pain) during pregnancy can cause your baby to become addicted to the medicine. Some can cause your baby to be born too early, too small or with birth defects. This is why it's so important to tell your provider about any medicine you take.

During pregnancy:

- Tell your provider about any prescription medicine you take. He may want you to stop taking a medicine or switch you to one that's safer for your baby.
- Don't stop taking a prescription drug without talking to your provider first. Don't go "cold turkey" (suddenly stop taking a medicine). Stopping slowly may be better for your baby.
- Don't use any prescription drug unless it's prescribed for you by a provider who knows that you're pregnant. Even if you use a prescription medicine exactly as your provider tells you to, it may cause problems for your baby. If you go to a provider who prescribes medicine to treat a health condition (like sleep problems or severe pain), make sure that provider knows you're pregnant.

When your provider gives you a prescription for medicine, he tells you exactly how much to take, how often to take it and how long to take it. When you take any medicine:

- Don't take more medicine than your provider says you can take.
- Don't take it with alcohol or other drugs.
- Don't take someone else's prescription medicine.

These prescription medicines can cause birth defects if you take them during pregnancy. If you're pregnant and taking any of these drugs, tell your provider immediately:

- ACE Inhibitors (enalapril or captopril)
- Androgens and testosterone by-products
- Anti-cancer drugs
- Anti-folic acid drugs (methotrexate or aminopterin)
- Carbamazepine
- Lithium
- Opioids, including codeine, hydrocodone (Vicodin®), morphine (Kadian®, Avinza®) and oxycodone (Oxycontin®, Percocet®). The street drug heroin also is an opioid.
- Phenytoin
- Retinoids, including Accutane®, Amnesteem®, Claravis™ and Sotret® (isotretinoin)
- Revlimid® (lenalidomide)
- Soriatane® (acitretin)
- Streptomycin and kanamycin
- Tetracycline
- Thalomid (Thalidomid®)
- Trimethadione and paramethadione
- Valproic acid
- Warfarin (Coumadin® and Jantoven®)



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Smoking, alcohol and street drugs during pregnancy

You can pass things like cigarette smoke, alcohol and drugs to your baby during pregnancy. These things can hurt your baby and cause him to be born too early, too small or with birth defects. Some can cause miscarriage or stillbirth. And some drugs can cause your baby to become addicted.

- **Don't smoke and stay away from secondhand smoke.** Secondhand smoke is smoke from someone else's cigarettes, cigar or pipe. Being around secondhand smoke during pregnancy can cause your baby to grow slowly and be born too small.
- **Don't drink alcohol.** Alcohol includes beer, wine, wine coolers and liquor. Examples of liquor are vodka, whiskey and bourbon. No amount of alcohol has been proven safe during pregnancy.
- **Don't use street drugs.** Street drugs are against the law to have or use. Street drugs include cocaine and heroin.

Tips to help you quit:

- Make a list of reasons why you want to quit. Wanting to have a healthy baby is the best reason of all!
- Set a quit date. Mark it on the calendar.
- Tell your friends and family you're going to quit. Ask them for their support. Ask them not to smoke, drink alcohol or do drugs around you.
- Get rid of all your cigarettes, alcohol and drugs. Get them out of your home and car.
- Stay away from situations or places, like parties and bars, where people are smoking or where drugs may be available.
- Tell your health care provider if you need help to quit.
- Ask your session leader about programs in your local area to help you quit.



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Making healthy lifestyle changes

Step 1: Get ready to make the change.

Figure out what you want to change and why you want to make the change. Make a list of pros and cons.

Example:

- What to change: Being around second-hand smoke
- Reason to change: To protect the health of my baby
- Pros of change: Safer for baby; healthier for me
- Cons of change: Pressure from friends to be with them in social situations; don't want to offend anyone

Step 2: Figure out what's stopping you from making the change.

For a week before you start making the change, write down every time you do the thing you want to change. Figure out if there are people or places that make it harder for you to change.

Example:

- Monday: At breaktimes at work
- Tuesday: At breaktimes at work
- Wednesday: At breaktimes at work; at Sue's house after work
- Thursday: At happy hour after work
- Friday: None
- Saturday: At the softball game
- Sunday: None

Step 3: Set a goal.

Be reasonable and specific when you set your goal. Ask your family and friends to help you.

Example:

- Goal: To avoid secondhand smoke for the rest of the pregnancy
- Who can help: My co-workers, my friends, my partner

Step 4: Take action.

Do things to reach your goal. Figure out how to avoid situations that might set you back. Think ahead about how you might handle peer pressure or a bad mood that could cause you to ignore your goal.

Example:

- Don't go to parties or happy hours where people smoke.
- Instead of going to parties with my partner where there will be smoking, we can go out to dinner.
- Every time I ask someone to stop smoking around me, I will congratulate myself on taking care of my baby.
- Remind myself of what I'll gain by sticking to my new ways.

Step 5: Keep going. Don't stop.

Maintain your new behavior. Don't get discouraged if you have a setback. Remind yourself why you wanted to make the change in the first place and what you have to gain by making it.

Example:

One mistake won't undo all the good I've done by staying away from secondhand smoke. My baby is healthier because of my choice to stay away from secondhand smoke.



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Viruses and infections

If you think you may have any of these infections, tell your health care provider right away:

- Food poisoning
- Chickenpox, measles or rubella (also called German measles)
- A cold or the flu
- Cytomegalovirus (also called CMV). This is an infection common in young children.
- Infected gums (also called periodontal disease)
- Pertussis (also called whooping cough). This infection can be really harmful for a baby.
- Sexually transmitted diseases (also called STDs), like genital herpes and HIV
- Toxoplasmosis. This is an infection you can get from eating undercooked meat or touching cat poop

How can you reduce your risk of getting an infection?

To prevent infections from food:

- Cook meat, poultry (chicken, turkey), fish, shellfish and eggs until they're done. Don't eat them if they're undercooked or raw. Heat deli meat and hot dogs before you eat them.
- Wash all your food before you cook or eat it.
- Wash all cooking utensils, dishes and your hands after touching raw meat, chicken or fish.

To prevent STDs:

- Get tested. Find out if you have an STD and get treated right away.
- Don't have sex. This is the best way to prevent yourself from getting an STD.
- If you have sex, have sex with only one person who doesn't have other sex partners. Use a condom if you're not sure if your partner has an STD. Ask your partner to get tested and treated for STDs.

To prevent other infections:

- Get vaccinated for diseases like the flu, chickenpox, measles, rubella and pertussis. Talk to your provider about getting vaccinated.
- Wash your hands often. Don't share glasses, cups, forks and other utensils with others.
- Brush and floss your teeth every day. Get regular dental care during pregnancy. Make sure your dentist knows you're pregnant before getting an Xray.
- Don't change a cat's litter box. Ask someone else to do it.
- Don't touch soil that may have cat poop in it. Wear gloves when you work in the garden.



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Chemicals and work safety

Chemicals to avoid during pregnancy:

- Cigarette smoke, including secondhand smoke
- Paint and paint thinner
- Bug spray and weed killer
- Liquids that have strong smells, like turpentine
- Plastic that is made from phthalates or bisphenol A (also called BPA)

What you can do to help protect yourself and your baby:

- Don't smoke and ask people not to smoke around you.
- Wash your hands well before eating or drinking. Wash your hands after you use the bathroom.
- Wear gloves or a face mask. Wear long-sleeved shirts, pants and boots if working around bug or weed killer. Take a shower and wash your hair after using chemicals.

- Wash and store your work clothes by themselves.
- Read product instructions to know how to store and dispose of chemicals safely. Don't use chemical containers (like bottles or jugs) to store other things.
- Don't use plastics with a "3" or a "7" on the bottom.

Other work safety tips:

- Avoid overworking, heavy lifting, bending or standing up for long periods of time.
- Take breaks at work when you can. Get up, walk around and stretch every so often. Don't sit still for too long.
- Drink plenty of water and use the bathroom when you need to.



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