

What Should I Eat?



When you are pregnant, you have special nutritional needs. Follow the MyPyramid Plan below to help you and your baby stay healthy. The Plan shows different amounts of food for different trimesters, to meet your changing nutritional needs.

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?	Remember to...
<i>Eat this amount from each group daily.*</i>				
Fruits 	2 cups	2 cups	1 cup fruit or juice ½ cup dried fruit	<i>Focus on fruits—</i> Eat a variety of fruits.
Vegetables 	2½ cups	3 cups	1 cup raw or cooked vegetables or juice 2 cups raw leafy vegetables	<i>Vary your veggies—</i> Eat more dark-green and orange vegetables and cooked dry beans.
Grains 	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.
Meat & Beans 	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or fish ¼ cup cooked dry beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter	<i>Go lean with protein—</i> Choose low-fat or lean meats and poultry.
Milk 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces cheese 2 ounces 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 doctor to make sure you are gaining weight as you should.

In each food group, choose foods that are low in “extras”—solid fats and added sugars.

Pregnant women and women who may become pregnant should not drink alcohol. Any amount of alcohol during pregnancy could cause problems for your baby.

Most doctors recommend that pregnant women take a prenatal vitamin and mineral supplement every day **in addition to** eating a healthy diet. This is so you and your baby get enough folic acid, iron, and other nutrients. But don't overdo it. Taking too much can be harmful.



Get a MyPyramid Plan for Moms designed just for you.
Go to www.MyPyramid.gov for your Plan and more.
Click on “Pregnancy and Breastfeeding.”

