

What Should I Eat?



The Daily Meal Plan for pregnant moms shows slightly more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general Plan. You may need more or less than the Plan.*

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?	Remember to...
Eat this amount from each group daily.*				
Vegetables 	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables	Make half your plate fruits and vegetables. Choose a variety. Eat more dark-green and red and orange vegetables and beans and peas.
Fruits 	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit	
Grains 	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal	Make at least half your grains whole. Choose whole instead of refined grains.
Dairy 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese	Replace higher fat milk and milk products with fat-free or low-fat options.
Protein Foods 	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter	Vary your protein food choices. Include seafood, beans, peas, and unsalted nuts and seeds.

* If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount of “empty calories” you are eating. Talk to your doctor about any concerns about your diet and the amount of weight gain during pregnancy.



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



Pregnant women and women who may become pregnant should talk to their doctor about taking a daily vitamin containing folic acid before and during pregnancy, in addition to eating a healthy diet.



Seafood can have important health benefits for you and your unborn child. Eat 8 to 12 ounces of cooked seafood each week, but 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.



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



Get a Daily Plan for Moms designed just for you.
Go to www.ChooseMyPlate.gov for your Plan and for more information.
Click on “Pregnant & Breastfeeding Women.”

Food safety is very important when you are pregnant.
For information, go to www.foodsafety.gov