

My Pregnancy Plate



Drink about 8 cups of water per day
 Drink mainly water and avoid sugary or overly processed beverages. Avoid artificial sweeteners, coffee, tea and soda.
 Limit caffeinated beverages or opt for decaf.
 Choose whole fruit instead of fruit juices.

Eat 2-2 1/2 cups of fruit per day

Eat the rainbow by selecting a variety of whole fruits throughout your day. Fruit can be great in a salad, as a snack, as part of your meal, and even as a dessert.

Dried fruits should be limited due to the high amount of sugar added during the drying process

Eat 3-3 1/2 cups of veggies per day

Include large portions of a variety of different colored non-starchy vegetables like carrots, broccoli, brussel sprouts, peppers, cabbage, and leafy greens to your meals



Consume a small amount of healthy oils like olive and canola to cook with.
 For added flavor try nuts, seeds, and avocado oils which contain healthy fats.

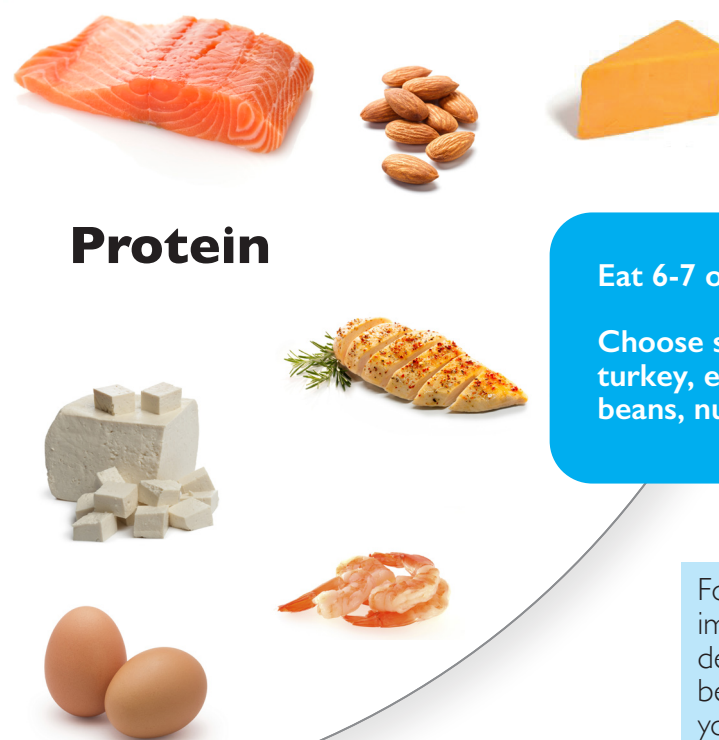
Aim for at least 30 minutes of walking or another physical activity that you enjoy each day. Refer to your doctor before exercising.



Non-starchy Vegetables



Whole grains, legumes and starchy vegetables



Protein



Drink 2 to 3 servings of nonfat or 1% milk or yogurt daily (cow, coconut, soy, or almond). A serving of dairy is 8 oz.

Be careful of added sugars and sweeteners when purchasing yogurt. Aim for less than 15 grams of sugar per serving.

Eat 7-10 oz of grains per day

At least half of all grains eaten should be whole grains. Whole grains include whole wheat bread or pasta, quinoa or oats, and brown rice.

Other healthy starches include beans, sweet potatoes or acorn squash, lentils, corn, plantains, and yucca.

Try to limit white bread, white rice, and fried potatoes.

Eat 6-7 oz from this group per day

Choose sources of protein that are lean like turkey, eggs, tofu, low-fat cheese, chicken, beans, nuts, and low-mercury seafood.

Folic Acid is a vitamin that is very important because it helps to prevent birth defects like Spina Bifida. The best way to be sure you are getting enough is to take your prenatal vitamin everyday and eat a healthy, balanced diet. Folic acid is also enriched in most dry cereals, breads and grain products.

The easiest way to a healthy diet is by dividing your plate like this and following the tips above.

Your 300 Extra Calories

When pregnant your body's demand for calories and nutrients increase. In your second and third trimesters you should eat about 300 calories more per day to fulfill this demand on the body. 300 calories sounds like a large number but in terms of food it is about a peanut butter sandwich on 2 slices of whole grain bread or 1 cup of cereal with 8 oz of skim milk with a piece of fruit. Remember you are not eating for two. Having an extra 300 calories per day will ensure a healthy, gradual weight gain throughout your pregnancy

Recommended Weight Gain throughout Pregnancy Based on Pre-pregnancy Weight

Pre-pregnancy Weight	Recommended Weight Gain	Recommended Rate of Weight Gain after 1st Trimester
Underweight (BMI <18.9 kg/m ²)	28-40 lbs	5 lbs/month
Normal Weight (BMI: 18.9-24.9 kg/m ²)	25-35 lbs	4 lbs/month
Overweight (BMI: 25-29.9 kg/m ²)	15-25 lbs	2.6 lbs/month
Obese (BMI >30 kg/m ²)	11-20 lbs	2.0 lbs/month

A gradual weight gain is the key to success. For the first trimester a weight gain of about 2 to 3 pounds is recommended. Pregnant moms who gain weight in the recommended range tend to have healthier babies. For multiple births please speak with your physician for you specific weight gain.

Food Safety:

Safe food handling:

- Wash your hands before eating and preparing food.
- Wash fresh produce before eating.
- Make sure to cook food thoroughly, like eggs, meat, poultry, and seafood.

Avoid:

- Raw fish like shellfish, sushi and ceviche.
- Unpasteurized milk, juice and soft cheeses such as feta, bleu cheese, brie and queso blanco. It is okay to eat soft cheeses made from pasteurized milk.
- Raw sprouts.
- Herbal supplements and herbal teas.
- Swordfish, tilefish, king mackerel, and shark due to their high mercury content.
- Canned "white" tuna (albacore) is higher in mercury than the "light" variety. Limit canned white tuna to less than 6 ounces per week.

For up-to-date information on seafood choices visit <http://www.choosemyplate.gov/moms-food-safety-fish>



Why the Weight Gain?



If my baby is going to weigh about 7-8 lbs, then where is everything else going? Your weight gain during pregnancy goes toward helping your baby to grow. The chart below details your weight gain.

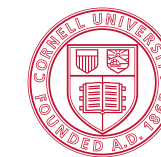
Total Weight Gain

Blood Volume	3-4 lbs
Fluid	3-6 lbs
Uterus	2 lbs
Breasts	2 lbs
Body Stores	7 lbs
Baby	7-8 lbs
Placenta & Umbilical Cord	2 lbs
Amniotic Fluid	2 lbs
Total Weight Gain	24-32 lbs

When your baby is born you will lose about 10 to 14 pounds and throughout the following months you will continue to lose weight. Do not try to lose weight during pregnancy instead, wait till after your baby is born to try to lose weight. Remember, at first, to rest and the baby weight will come off with regular exercise and a healthy diet.

Breastfeeding has many benefits for you and your child. A child who is breastfed is less likely to develop disease or infections. While breastfeeding your body has a higher demand for vitamins and nutrients which aids in weight loss. Any time breastfeeding is better than no time breastfeeding.

<http://www.choosemyplate.gov/moms-pregnancy-breastfeeding>



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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.