# EATING WHILE PREGNANT

## COUNT YOUR CALORIES

You're "eating for two" when you're pregnant, but that doesn't mean you should be eating twice as many calories as you normally eat.

MOST WOMEN CAN
FOLLOW THESE GENERAL
CALORIE GUIDELINES:

First trimester (0-12 weeks): No extra calories needed.

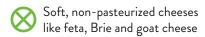
Second trimester (13-26 weeks): Take in about 340 extra calories a day.

Last trimester (26+ weeks): Consume about 450 extra calories a day.

## AVOID THESE FOODS

These foods may have bacteria in them that can hurt your baby.

#### STAY AWAY FROM:



Prepared salads like ham salad, egg salad or chicken salad

Raw sprouts, including alfalfa, clover, radishes and mung bean sprouts

Non-pasteurized milk or juice

#### EAT HEALTHY

A diet made up of a variety of vegetables, fruits, whole grains, low-fat dairy and high-protein foods is healthy for you whether you're pregnant or not. It's also healthy for your developing baby.

### CHECK YOUR FOOD LABELS

Be sure to get Avoid high plenty of: amounts of:

Protein Saturated fat Iron Sodium Folic acid Added sugar

lodine Calcium

#### BE CAUTIOUS WITH SEAFOOD

Seafood has healthy fats, but some fish are high in mercury and should be avoided. Mercury can harm your brain, heart, kidneys, lungs and immune system. It can interfere with your developing baby's nervous system, too.

#### **BEST OPTIONS**

These choices are lower in mercury, so you can eat 8 to 12 ounces a week.

Canned light tuna Salmon
Catfish Shad
Cod Shrimp
Herring Tilapia
Oysters Trout

#### FISH TO AVOID

These fish are high in mercury, and should be completely avoided.

Bigeye tuna Shark King mackerel Swordfish Marlin Tilefish

Orange roughy

#### **HEAT YOUR MEAT**

Deli meats are already cooked, but they can contain Listeria, a dangerous bacteria. If you eat these meats, first heat them to at least 165 degrees Fahrenheit to be sure any Listeria has been killed off.

Cold cuts and other deli meats Fermented or dry sausage

Hot dogs Smoked seafood

All meat, including seafood, poultry and eggs, should be fully cooked – not raw or undercooked – to be sure they have no bacteria that could make you sick or harm your baby.

## WATCH WHAT YOU DRINK

NO AMOUNT OR TYPE
OF ALCOHOL IS SAFE TO
DRINK WHILE PREGNANT.

If you're a tea or coffee drinker, you will need to go with decaf. Caffeine during pregnancy has been linked to smaller birth sizes.

