





Healthy Diet During Pregnancy





THE OHIO STATE
UNIVERSITY
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During pregnancy, your body is changing to allow your baby to grow and develop. Good nutrition helps you meet the extra demands of pregnancy while keeping you and your baby healthy. Drink plenty of water and eat a variety of foods.

Eat a variety of foods daily

Food group	Daily serving information
Dairy	
	<p>Choose 4 to 5 servings each day. 1 serving is:</p> <ul style="list-style-type: none"> • 1 cup milk • 1 ounce cheese • 6 ounces yogurt • 1 cup cottage cheese <p>If you are lactose intolerant, try Lactaid milk products, fortified soy milk or almond milk, Greek yogurt, or hard cheeses such as Parmesan, Swiss, and cheddar, which are naturally lower in lactose.</p>
Protein	
	<p>Choose 2 to 3 servings a day or a total of 6 to 7 ounces per day. 1 serving is:</p> <ul style="list-style-type: none"> • 2 to 3 ounces of beef, chicken, turkey, pork, lamb, fish, and 2 eggs • Plant-based proteins: 1 ounce of meat equals 2 tablespoons of peanut butter, ½ cup of cooked beans, or 2 ounces of tofu
Carbohydrates	
	<p>Choose 9 to 11 servings a day. Choose whole grains when possible. 1 serving is:</p> <ul style="list-style-type: none"> • 1 slice of bread • 1 tortilla • Half a small bagel or bun • ½ cup cereal • ½ cup noodles • ½ cup rice
Fruit	
	<p>Choose 3 to 4 servings a day. 1 serving is:</p> <ul style="list-style-type: none"> • 1 medium fruit • ¼ cup dried fruit • ½ cup (4 ounces) fruit juice <p>Fresh and frozen fruits have the most vitamins, minerals, water, and fiber. Dried fruits contain more sugar and less fiber. Fruit juices contain more sugar and no fiber. Choose 100% juice with added calcium and vitamin D, and no added sugar.</p>

Vegetables	
	<p>Choose 4 to 5 servings a day. 1 serving is:</p> <ul style="list-style-type: none"> • 1 cup, raw • ½ cup, cooked <p>Frozen vegetables contain as many vitamins and minerals (if not more!) than fresh vegetables.</p> <p>Canned vegetables offer less nutrients than fresh or frozen, but can still be part of a healthy diet. Choose low sodium options and rinse vegetables before eating to reduce sodium.</p>
Fats and Oils	
	<p>Choose 2 to 3 servings per day. 1 serving is:</p> <ul style="list-style-type: none"> • 1 teaspoon butter • 1 tablespoon mayonnaise • 2 tablespoons salad dressing <p>Healthy fats include:</p> <ul style="list-style-type: none"> • 1 teaspoon olive, avocado, or canola oil • 2 tablespoons avocado • 1 to 2 tablespoons peanut butter • About 1 small handful nuts

Important vitamins and minerals for a healthy pregnancy

Vitamins and minerals	What it does for the body	How much do I need daily?	Good sources from food
<p>Iron</p>	<ul style="list-style-type: none"> • Helps your body make and maintain healthy blood. • Helps maintain a healthy immune system. • During pregnancy, you need almost twice as much iron to help support your health and your baby's health. 	<ul style="list-style-type: none"> • 27 milligrams (mg) *Consume vitamin C with iron to help with absorption. 	<ul style="list-style-type: none"> • Lean meats, shellfish, and egg yolks • Lentils, dried beans, and peas • Green leafy vegetables like kale, spinach, and chard • Dried fruits • Fortified cereals and breads *Vitamin C-rich foods: <ul style="list-style-type: none"> • Fruits: cantaloupe, grapefruit, oranges, and strawberries • Veggies: lettuce, broccoli, cabbage, peppers, and tomatoes

Vitamins and minerals	What it does for the body	How much do I need daily?	Good sources from food
Calcium	<ul style="list-style-type: none"> 99% of calcium is stored in your bones to keep them strong and healthy. 1% of calcium is stored in your blood and soft tissues. It helps your muscles, blood, and nervous system work well. 	<ul style="list-style-type: none"> 18 years or younger: 1,300 milligrams (mg) 19 years or older: 1,000 milligrams (mg) 	<ul style="list-style-type: none"> Pasteurized dairy products including milk, yogurt, cheese, cottage cheese, and dry milk powder Canned salmon, sardines, and other fish with edible bones Cooked broccoli, spinach, and collard greens Cereals, orange juice, and breads with added calcium
Folate	<ul style="list-style-type: none"> Helps your body form healthy red blood cells. Reduces the risk of birth defects in newborns, called neural tube defects. 	<ul style="list-style-type: none"> 600 micrograms (mcg) 	<ul style="list-style-type: none"> Green vegetables: broccoli, Brussels sprouts, cabbage, kale, spinach, and peas Chickpeas and kidney beans Breakfast cereals with added folic acid
Iodine	<ul style="list-style-type: none"> Supports healthy hormones during pregnancy. 	<ul style="list-style-type: none"> 220 micrograms (mcg) 	<ul style="list-style-type: none"> Eggs Dairy products: milk, yogurt, and cheese Iodized salt Shrimp, cod, and tuna
Choline	<ul style="list-style-type: none"> Helps with your baby's brain development. 	<ul style="list-style-type: none"> 450 milligrams (mg) 	<ul style="list-style-type: none"> Chicken, beef, and eggs Milk Soy products Fish Peanuts
Omega-3 Fatty Acids	<ul style="list-style-type: none"> Helps with baby's brain and eye development. 	<ul style="list-style-type: none"> 1.4 grams (g) 	<ul style="list-style-type: none"> Salmon, sardines, and anchovies Flax seeds, chia seeds, and walnuts Eggs Soybeans: edamame and dry roasted soybeans
DHA		<ul style="list-style-type: none"> 200 to 300 mg 	
<p>Other important vitamins to consume during pregnancy are: vitamin D, vitamin C, vitamin A, vitamin B6, and vitamin B12.</p>			

Food group or beverage	Limit or avoid
Meat, poultry, eggs, fish	<ul style="list-style-type: none"> • Avoid raw or uncooked meat, poultry, eggs, and fish. • Avoid hot dogs and lunch meats (unless heated until steaming hot). • Avoid fish high in mercury, including shark, swordfish, king mackerel, and tilefish. • Limit fish and shellfish lower in mercury, including shrimp, canned light tuna (NOT albacore as it is higher in mercury), salmon, pollack, and catfish to no more than 12 ounces per week. • If no advice is available, limit locally caught fish consumption to no more than 6 ounces per week. <p>Learn more about food safety at: foodsafety.gov/people-at-risk/pregnant-women</p>
Dairy products	<ul style="list-style-type: none"> • Avoid raw or unpasteurized milk; cheese and dairy products made with unpasteurized milk. • Avoid soft cheese such as brie and camembert. • Avoid moldy blue cheeses such as gorgonzola.
Fruits and vegetables	<ul style="list-style-type: none"> • Avoid raw sprouts. • Avoid unpasteurized ciders and juices. • Avoid unwashed fruits and vegetables. Wash all produce well before eating or cooking.
Beverages	<ul style="list-style-type: none"> • Avoid alcohol. There is no safe amount that can be consumed during pregnancy. • Speak with your doctor or dietitian before consuming non-caffeinated herbal teas. • Limit caffeine consumption from regular coffee, caffeinated tea, soda, and energy drinks to no more than 200 milligrams (mg) or 1, 12-ounce drink per day.
Other	<ul style="list-style-type: none"> • Limit added sugar and unhealthy (saturated and trans) fats from processed foods and drinks. • Talk to your provider before using any herbal supplements or home remedies. • Avoid vitamin and mineral supplements, unless prescribed or directed by your healthcare provider.

Drink plenty of water daily.

During pregnancy, you should drink 8 to 12 cups (64 to 96 ounces) of water daily.

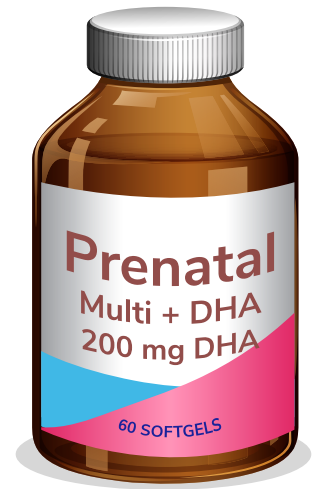
Staying hydrated during pregnancy helps with digestion, helps prevent constipation and urinary tract infections, and helps form the amniotic fluid around the fetus.

Prenatal vitamins

Take a prenatal vitamin every day, with folic acid. This makes sure you get the nutrients needed for your baby's growth and development. Choosing a good prenatal vitamin matters, as they can vary in the amount of each nutrient they contain.

The best prenatal vitamins should have at least:

- Folic acid: 400 to 800 micrograms (mcg)
- Iron: 27 milligrams (mg)
- Calcium: 1000 mg (1300 mg for people 19 or younger)
- Vitamin D: 600 international units (IU)
- Vitamin B12: 2.6 mcg
- Iodine: 220 mcg
- Choline: 450 mcg
- DHA: 200 to 300 mg (if you do not eat fish or seafood regularly)
- Vitamin D: 600 IU
- Vitamin C: 80 mg
- Vitamin A: 770 mcg
- Vitamin B6: 1.9 mg
- Vitamin B12: 2.6 mcg



When choosing pregnancy vitamins, make sure they are not expired or will not expire soon.

If you have food allergies or sensitivities, make sure those are not on the ingredient list. Some vitamins can include things like corn, eggs, or wheat.

Some people who have trouble taking pills may prefer vitamin gummies. **Be aware, however, that prenatal gummies do not have iron in them, and they have a lower level of some of the recommended vitamins than the regular pills do.** You can compare the labels at the store, aiming for the amounts listed above.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.