



Maintaining a healthy pregnancy diet during your pregnancy is one of the best things you can do for your developing baby.

DAILY RECOMMENDATION

MACRONUTRIENTS



Protein

1.1 grams per kilogram per day



Carbohydrate

175 grams per day



Fat

Varies on the birth weight, gestational age and length

DARK GREEN LEAFY VEGGIES

Dark green leafy vegetables contain many with vitamins (vitamins A, C, and K and folate) and minerals (iron and calcium).



- Asparagus
- Broccoli
- Kale
- Spinach

EGGS

Eggs contain great sources of choline, which helps with baby's brain development and overall growth.



- Protein powerhouse
- Under 90 calories

YOGURT

Excellent source of calcium and packs of protein.



Yogurt contains probiotics that can help prevent yeast infections, which are common during pregnancy.

LENTILS

Contains excellent amount of folate.



Folate is vital to baby's brain and nervous system development and also protect against certain birth defects.

COOKED SALMON

Cooked salmon is high in omega-3 fatty acid.



For pregnant women

- Helps maintain a healthy heart
- Reduces the risk of various diseases

For the babies:

- Contributes to healthy eye and brain development

MICRONUTRIENTS

Recommendations for daily intake of vitamins and minerals during pregnancy and lactation



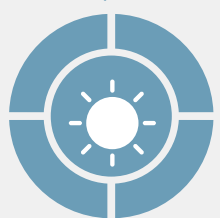
Iron

Iron - 27 mg



Calcium

at least 250 mg (elemental calcium 1000 mg per day)



Vitamin D

200 to 600 international units



Iodine

150 mcg



Folate

at least 0.4 mg (0.6 mg in the second and third trimesters)

CALORIES

Normal weight with a singleton pregnancy need to increase daily caloric intake by 340 and 450 additional kcal per day in the second and third trimesters

HEALTHY WEIGHT GAIN DURING PREGNANCY

PRE-PREGNANCY BMI	TOTAL WEIGHT GAIN (LBS)	RATES OF WEIGHT GAIN (LBS PER WEEK)*
Underweight: less than 18.5	28 to 40	1 to 4 lbs in the first trimester and approximately 1 lb per week thereafter
Normal weight: 18.5 to 24.9	25 to 35	1 to 4 lbs in the first trimester and approximately 1 lb per week thereafter
Overweight: 25.0 to 29.9	15 to 25	1 to 4 lbs in the first trimester and approximately 0.5 lb per week thereafter
Obese: 30.0 or more	11 to 20	1 to 4 lbs in the first trimester and approximately 0.5 lb per week thereafter



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