



## Diet and Nutrition

### **What should I be eating (and NOT eating) during pregnancy?**

#### **General Nutrition**

Most women only require approximately 300 extra calories per day—which is equal to half a sandwich and a glass of skim milk. Extra nutrients needed during pregnancy include iron, folic acid, and protein. A portion of these nutrients may be obtained with a daily prenatal vitamin supplement. The U.S. Department of Agriculture has designed an online interactive diet-planning program specifically for women who are pregnant, or breastfeeding, called the “Daily Food Plan for Moms”. You may access this program at [www.choosemyplate.gov/mypyramidmoms/index.html](http://www.choosemyplate.gov/mypyramidmoms/index.html).

#### **Caffeine**

Moderate caffeine intake of 200 milligrams per day or less does not appear to increase the risk of miscarriage or preterm birth and is considered safe in pregnancy. 200 milligrams are the equivalent of approximately two 8 oz cups of brewed coffee.

#### **Foods to Avoid**

- Unpasteurized milk or soft cheeses.
- Raw or undercooked meat, poultry, shellfish.
- Prepared meats, like hot dogs and deli meats, unless they are heated until steaming hot.

\*Seafood that is low in mercury, including shrimp, canned light tuna, salmon, and catfish ARE SAFE to eat during pregnancy. You can safely eat up to 12 ounces of these fish per week.

#### **How much weight should I gain?**

Recommended weight gain during pregnancy depends on your pre-pregnancy weight. For women who have a normal body mass index (BMI) of 30, the recommended weight gain is only 11-20 pounds.