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Healthy Eating Habits During Pregnancy

It's important to develop healthy eating habits while you are pregnant, for you as well as for your baby. Here are some ways to stay healthy.

Aim for a Healthy Weight

A slow, steady rate of weight gain is often best. After the first trimester, you may gain a pound a week. But keep in mind that each woman gains weight differently. Don't worry too much about pounds. Instead, aim for feeling healthy.

Don't Diet

Now is not the time to diet. You may not get enough of the nutrients you and your baby need. Instead, learn how to be a healthy eater. Start by doing it for your baby. Soon, you may do it for yourself.

Vitamins and Supplements

Talk with your healthcare provider about taking prenatal vitamins and supplements.

- **Iron** makes the extra blood you need now.
- **Calcium** helps build and keep strong bones.
- Some vitamins may **not** be safe to take. Your healthcare provider will tell you which ones to avoid.

Fluids

Drink at least 8–10 cups of fluid daily. Your baby needs fluids. Fluids also decrease constipation, flush out toxins and waste, limit swelling, and help prevent bladder infections. Water is best. Other good choices are:

- Water or seltzer water with a slice of lemon or lime (these can help ease an upset stomach, too)
- Clear soups that are low in salt
- Low-fat or fat-free milk; soy or rice milk with calcium added
- Fruit juices mixed with water
- Popsicles or gelatin



Things to Avoid

Some things might harm your growing baby. Don't eat or drink:

- Alcohol
- Unpasteurized dairy foods and juices
- Raw or undercooked meat, poultry, fish, or eggs

Things to Limit

Ask your healthcare provider whether it's safe to eat or drink:

- Caffeine
- Artificial sweeteners
- Organ meats
- Certain types of fish