



# MDwise

*A McLaren Company*

## Nutrition During Pregnancy

### Table of Contents

- Overview
- Credits

### Overview

---

Your nutrition needs increase during pregnancy. Your body needs protein, carbohydrate, and fats for energy. Good sources of these nutrients include:

- Lean protein. Examples include fish that are low in mercury, poultry without skin, low-fat milk products, and beans and peas (legumes). Fish that are low in mercury include shrimp, salmon, and catfish.
- Carbohydrate from whole grains, fruits, vegetables, legumes (peas, beans, and lentils), and low-fat milk products.
- Unsaturated fats like olive oil and canola oil, nuts, and fish.

Important vitamins and minerals during pregnancy include:

#### **Calcium.**

Calcium is found in dairy products and nonmilk sources such as tofu, broccoli, fortified orange juice or soy milk, and greens.

#### **Folic acid.**

Folic acid (or folate) is found in foods such as liver, vegetables (especially spinach, asparagus, and brussels sprouts), fruits (such as bananas and oranges), and beans and peas. Enriched products such as cereal, bread, pasta, and rice are also good sources.

#### **Iron.**

Iron is found in foods such as red meat, shellfish, poultry, eggs, nuts, beans, raisins, whole-grain bread, and leafy green vegetables.

Even if you have good eating habits, your doctor may suggest a multivitamin to make sure you get enough iron and folic acid.

### Your daily calories needs

In the first trimester, you'll probably need the same amount of calories as you did before you were pregnant. In

the second trimester, you'll likely need to eat about 340 extra calories a day. In the third trimester, you'll need about 450 extra calories a day.<sup>1</sup>

Talk to your doctor or a dietitian about your daily calorie needs. Your needs depend on your height, weight, and activity level.

Your calorie needs also depend on whether you are carrying one baby or more. If you're pregnant with one baby, you'll likely need 2,200 to 2,900 calories a day in the second and third trimesters. If you are pregnant with twins, triplets, or more, your calorie needs will increase.<sup>1</sup>

## Credits

---

**Current as of:** September 8, 2021

**Author:** Healthwise Staff

**Medical Review:**

**Sarah Marshall MD - Family Medicine**

**Kathleen Romito MD - Family Medicine**

**Adam Husney MD - Family Medicine**

**Kirtly Jones MD - Obstetrics and Gynecology**

---

Note: The "printer friendly" document will not contain all the information available in the online document. Some information (e.g. cross-references to other topics, definitions or medical illustrations) is only available in the online version.

---



This information does not replace the advice of a doctor. Healthwise, Incorporated, disclaims any warranty or liability for your use of this information.

© 1995-2022 Healthwise, Incorporated. Healthwise, Healthwise for every health decision, and the Healthwise logo are trademarks of Healthwise, Incorporated.