Take a prenatal vitamin daily with 400 micrograms of folic acid to keep your baby healthy and prevent birth defects.

Fluid needs increase during pregnancy. Drink 8 to 12 cups of water, milk, 100% juice or low-sodium broth soup everyday.

Be sure to include physical activity for at least 30 minutes most days of the week, such as walking, swimming or prenatal yoga. Physical activity can be done in 3 short periods of 10 minutes each.

It is important to eat a variety of foods from all the food groups everyday to get all the nutrients you and your baby need. Eat foods rich in protein, iron, and calcium. Use the prenatal chart on the next page to guide you.

Caring for two does not mean eating for two. You will, however, need about 300 extra calories each day for your baby.

Recommended weight gain for women who are at a normal weight before pregnancy should be 25 to 35 pounds.
Let this table be your guide. Eat these amounts from each food group daily.

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>1ST TRIMESTER</th>
<th>2ND &amp; 3RD TRIMESTERS</th>
<th>WHAT COUNTS AS 1 CUP OR 1 OUNCE?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk &amp; Milk Products</td>
<td>3 cups</td>
<td>3 cups</td>
<td>1 cup low-fat milk, 8 ounces low-fat yogurt, 1 1/2 ounces cheese, 2 ounces processed cheese</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2 1/2 cups</td>
<td>3 cups</td>
<td>1 cup raw or cooked vegetables or juice, 2 cups raw leafy greens</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 cups</td>
<td>2 1/2 cups</td>
<td>1 cup fruit cut up fruit or 100% juice, 1/2 cup dried fruit</td>
</tr>
<tr>
<td>Grains</td>
<td>6 ounces</td>
<td>8 ounces</td>
<td>1 slice bread, 1 cup ready-to-eat cereal, 1/2 cup cooked pasta, rice or cereal</td>
</tr>
<tr>
<td>Protein</td>
<td>5 1/2 ounces</td>
<td>6 1/2 ounces</td>
<td>1 ounce lean meat, poultry or fish, 1/4 cup dried beans (cooked), 1 tablespoon peanut butter, 1/2 ounce nuts or 1 egg</td>
</tr>
</tbody>
</table>

- **Alcohol** — can cause minor to severe birth defects. Avoid drinking during pregnancy.
- **Caffeine** — monitor your intake of caffeine. Caffeine is found in coffee, tea, soft drinks, chocolate and some over-the-counter medications. Limit caffeine intake to 300 milligrams each day which is 2 to 3 8-ounce cups of coffee.

### Recommended Daily Servings for Pregnant Women

Pregnant women are at high risk for foodborne illness. Foodborne illness can cause serious health problems during pregnancy including birth defects or miscarriage.

Symptoms may include stomachache, vomiting or diarrhea. Sickness may occur between 20 minutes after ingestion or as long as 6 weeks after.

- **Ready-to-eat foods** — only eat hot dogs, deli meats or meat spreads if they have been cooked to 160 degrees.
- **Fish** — although fish is healthy for you, large fish, such as shark, swordfish, king mackerel or tilefish, contain high amounts of mercury and may harm the baby’s nervous system.
  You may safely eat up to 12 ounces of white meat fish (3 ounces fish is about the size of the palm of your hand), such as white albacore tuna. Eat only cooked fish. Raw fish, such as sushi may contain harmful microorganisms.
- **Unpasteurized foods or liquids** — only eat foods that have been pasteurized. The package on the product will state if it has been pasteurized or not. Common unpasteurized foods include soft cheeses, such as feta, brie or blanco queso.

### Food Safety Tips

- **Iron** — helps build healthy blood cells for you and your baby. Foods rich in iron include red meat, poultry and fish. Eating foods high in vitamin C, such as orange juice or bell peppers helps your body better absorb other sources of iron, such as eggs and plant foods.
- **Calcium** — helps build and grow strong bones. Milk, yogurt and cheese are all excellent sources of calcium. Dark leafy green vegetables, peas, nuts and seeds are sources, too.
- **Fortified foods** — vitamins and minerals that are added to foods include cereals, juice and soymilk.
- **Raw eggs** — only eat eggs that have been cooked well. Avoid eating raw eggs in foods, such as mayonnaise, mousse, eggnog, raw cookie dough or homemade ice cream or smoothies.