You’ve probably heard the saying, “you are what you eat.” But did you ever consider that what you eat while pregnant affects your baby’s health, growth and development, both now and for the rest of his life? Unfortunately, it’s not always easy to eat right—fatigue, nausea, and cravings can get in the way. This guide provides helpful advice about eating, weight gain and more, based on the latest research.

**Top Nutrients for Pregnancy**

Most health care providers recommend a prenatal vitamin, which will contain many vitamins and minerals, including iron and folic acid, and possibly omega-3 fats like DHA. But you can’t depend on a supplement for all the nutrients you need. Prenatals may not contain enough vitamin D and calcium—and they are missing dozens of nutrients that you can only find in food!

Vitamins A, C and E found in food may help decrease inflammation in the body—and that’s important for a healthy pregnancy. For example, women who don’t get enough vitamin C in early pregnancy may have a higher risk of gestational diabetes and preeclampsia later in pregnancy. Make every bite count by snacking on these vitamin rich foods: prunes, blueberries, cranberries, cherries, dates, berries, mango, bell pepper strips, hummus, carrots, broccoli, walnuts and pecans.

**First Trimester: Feeding Your Tiny Bump**

Congrats—you’re pregnant! You may have no problem eating this trimester or you may feel nauseated at the sight or smell of food. Not to worry, weight gain isn’t critical during the first few months. You might also be more moody and constipated—both due to pregnancy hormones.

**Nausea fighters:**

Some doctors recommend ginger to help with nausea. PlumSmart™ contains both ginger juice and chamomile to help soothe upset stomachs. Avoiding strong smells from smoke and cologne may help; so can eating cold foods and staying away from cooking smells. Eat small servings of high protein foods like milk, yogurt or egg throughout the day to help keep nausea away.

### Key Nutrients and Where to Find Them

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Why Now?</th>
<th>Where to Find</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>Needed for collagen, the building block of blood vessels, skin and bones. Helps the body absorb iron from plant sources.</td>
<td>Bell pepper, citrus fruits and juice, PlumSmart™ juice, kiwifruit, broccoli, kale, melon, cabbage, potatoes, tomatoes</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Protects cells from oxidative damage; for a healthy immune system.</td>
<td>Sunflower seeds, almonds, leafy greens, avocado</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>Cell division; prevents neural tube defects.</td>
<td>Spinach and leafy greens, black eyed peas, lentils, asparagus, beets, dried beans and peas, fortified cereals and grains</td>
</tr>
</tbody>
</table>
Second Trimester: Feeding Your Bump

Many women feel their best this trimester! Take advantage of your increased energy to get some exercise. Walking, yoga and swimming are perfect, low-impact exercises can help with stress. Did you know that feeling sad or stressed could steer you away from healthy eating? If you feel blue, don’t keep it to yourself—talk to your health care provider or a friend.

### Key Nutrients

<table>
<thead>
<tr>
<th>Iron</th>
<th>For new blood cells: blood volume increases by 50%.</th>
<th>Beans, lentils, lean beef, clams, mussels, fortified cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Supports cell growth and organ formation, eye health and immune health.</td>
<td>Sweet potato, spinach, kale, carrots, mango, cantaloupe, apricot and other dark green vegetables and orange/yellow fruits and vegetables</td>
</tr>
<tr>
<td>Calcium</td>
<td>Builds baby’s bones and teeth; helps maintain mom’s healthy blood pressure.</td>
<td>Dairy products like milk, cheese and yogurt. Vegan sources include collard greens, blackstrap molasses, soybeans, tofu, calcium fortified juice and plant milks, and broccoli</td>
</tr>
</tbody>
</table>

Key Nutrients: Why Now?

- **Choline**: Important for baby’s brain development. Also helps prevent neural tube defects.
- **Vitamin D**: For strong bones and teeth, and a healthy immune system.
- **Potassium**: Maintains fluid balance, a healthy blood pressure and is needed for muscle contraction.
- **Omega-3 Fats (DHA/ EPA)**: Supports brain and eye development. May help prevent postpartum depression.

Where to Find:

- Eggs, beef, tofu, fish, chicken, Brussels sprouts, cauliflower
- Sunshine, milk, fatty fish like salmon, fortified foods, some mushrooms
- Beet greens, sweet and white potatoes, tomato sauce, yogurt, dried beans and peas, melon, prunes, dates
- Salmon, herring, sardine, anchovy, fresh-water trout; fortified foods like eggs and milk

Third Trimester: Feeding Your Big Bump

Baby is growing quickly in the last months of pregnancy, the brain and bones are growing the most. Some moms have problems with diabetes and blood pressure this trimester. Eating balanced meals, staying active and gaining the right amount of weight can help avoid last trimester problems. Continue being active to keep muscles strong for delivery. Also, take time for yourself and relax a bit—soon you will be busy with your new little one!

### Digestive Health for Moms-To-Be

Stomach issues are common during pregnancy. Luckily, what you eat can help!

**Constipation:**

Hormones cause digestion to slow down so you can better absorb nutrients for your baby. The down side of that is a sluggish system that can cause uncomfortable bowel movements and appetite to dwindle.

**Constipation Cures:**

Prunes are a digestive superfood! Eating prunes or drinking Amaz!n™ Prune Juice daily will help you maintain regular digestion and avoid constipation. Probiotic foods like yogurt and kefir help promote healthy gut bacteria, which helps digestion and is also good for you and your baby’s immune system.
Constipation Cures Continued:

Some foods help with digestive health because they have a special fiber, called resistant starch, which feeds the “good bacteria” as well as helps bulk up the stool. Foods with “resistant starch” include oatmeal, artichokes, potatoes, beans, peas, barley and corn. Increasing other high fiber foods in the diet can also help: fresh fruit and vegetables, other dried fruits, whole grain bread, pasta and cereal. Finally, make sure to drink plenty of fluid—8-10 cups each day.

Heartburn

If you feel the burn, you are not alone. Heartburn can happen during mid- to late pregnancy and is caused by hormones, which relax the sphincter between the esophagus and the stomach. Also, as your baby grows, there is less room for stomach contents and more chance of having heartburn.

Some Tips:
- Wait 2-3 hours after eating before lying down
- Avoid bending over after you eat
- Eat slowly and chew food well
- Eat small meals with snacks between
- Avoid exposure to smoke
- Watch out for common heartburn triggers:
  - Caffeinated drinks like coffee and tea
  - Greasy and fried foods
  - Carbonated drinks like soda or sparkling water
  - Citrus fruits like orange juice and lemonade
  - Tomatoes, tomato sauce, ketchup and mustard
  - Salsa and spicy foods
  - Onion and garlic
  - Chocolate and mint

How Much Should you Gain?

<table>
<thead>
<tr>
<th>Pregnancy BMI:</th>
<th>Total Weight Gain</th>
<th>Weekly Weight Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>2nd and 3rd Trimester</td>
</tr>
<tr>
<td>&gt;18.5 (Underweight)</td>
<td>28-40 pounds</td>
<td>1.3 pounds</td>
</tr>
<tr>
<td>18.5-24.9 (Normal weight)</td>
<td>25-35 pounds</td>
<td>1 pound</td>
</tr>
<tr>
<td>25-25.9 (Overweight)</td>
<td>15-25 pounds</td>
<td>0.6 pounds</td>
</tr>
<tr>
<td>&gt;26</td>
<td>11-20 pounds</td>
<td>0.5 pounds</td>
</tr>
</tbody>
</table>

During the first trimester, total weight gain goal is 1 to 4 pounds.

Healthy Menu for Mom to Be (example)

**Breakfast:**
- 2 eggs
- 1 piece whole grain toast
- 4 prunes

**Snack:**
- Greek Yogurt with berries and a sprinkle of granola

**Lunch:**
- Salad greens with avocado, bell pepper, dried cranberries, tomato, and sunflower seeds
- Olive oil vinaigrette
- Whole-wheat crackers
- Grilled salmon
- Quinoa pilaf
- Tangerine
- Milk

**Dinner:**
- Small sirloin steak
- Baked sweet potato
- Sauteed spinach with mushrooms
- Mixed fresh fruit salad

**Snack:**
- Oatmeal with chopped dates
- Peanut butter on celery or apple slices
- Milk
### Your Daily Food Guide

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings</th>
<th>Example</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy and Calcium-Rich</td>
<td>3</td>
<td>1 cup milk, yogurt or calcium fortified soy milk, 1 oz. cheese</td>
<td>Choose low-fat.</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>7 oz. equivalents</td>
<td>1 oz. fish, shellfish, chicken, lean beef or pork, 1 egg, ¼ cup beans or tofu, 1 Tbsp. peanut butter</td>
<td>Eat a variety of protein including 8 to 12 oz. of low mercury seafood a week; and vegan sources like beans.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3 cups</td>
<td>1 cup raw or cooked vegetable or juice, 2 cups raw leafy greens</td>
<td>Vary your veggies—eat more dark green, orange and yellow.</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 cups</td>
<td>1 cup of fresh, frozen or canned fruit or 100% fruit juice, ½ cup dried fruit</td>
<td>Eat a variety of fruits daily.</td>
</tr>
<tr>
<td>Grains</td>
<td>8 oz.</td>
<td>1 piece bread, ½ cup pasta, quinoa, bulgur, rice or cooked cereal, 1 cup ready-to-eat cereal</td>
<td>Choose whole grains.</td>
</tr>
<tr>
<td>Fat</td>
<td>7 tsp.</td>
<td>1 tsp. olive oil, butter or margarine, ½ avocado, 4 large olives, 1 oz. nuts or seeds, 1 Tbsp mayonnaise</td>
<td>Limit fried foods and choose healthy fats.</td>
</tr>
<tr>
<td>Extra Calories</td>
<td>300</td>
<td>Extra servings of healthy foods or added fats and sugars</td>
<td>Avoid empty calorie foods.</td>
</tr>
</tbody>
</table>

**Tips:**
- Choose low-fat.
- Eat a variety of protein including 8 to 12 oz. of low mercury seafood a week; and vegan sources like beans.
- Vary your veggies—eat more dark green, orange and yellow.
- Eat a variety of fruits daily.
- Choose whole grains.
- Limit fried foods and choose healthy fats.

**Example:**
- 1 cup milk, yogurt or calcium fortified soy milk, 1 oz. cheese
- 1 oz. fish, shellfish, chicken, lean beef or pork, 1 egg, ¼ cup beans or tofu, 1 Tbsp. peanut butter
- 1 cup raw or cooked vegetable or juice, 2 cups raw leafy greens
- 1 cup of fresh, frozen or canned fruit or 100% fruit juice, ½ cup dried fruit
- 1 piece bread, ½ cup pasta, quinoa, bulgur, rice or cooked cereal, 1 cup ready-to-eat cereal
- 1 tsp. olive oil, butter or margarine, ½ avocado, 4 large olives, 1 oz. nuts or seeds, 1 Tbsp mayonnaise
- Extra servings of healthy foods or added fats and sugars

**Written by Bridget Swinney, MS, RD, a registered dietitian and award-winning author specializing in prenatal, infant and child nutrition. She is the author of Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy and Baby Bites: Everything You Need to Know about Feeding Infants and Toddlers in One Handy Book.**

**ONLINE RESOURCES FOR A HEALTHY LIFESTYLE**
- www.sunsweet.com
- www.webmd.com
- www.nlm.nih.gov/medlineplus
- www.eatright.org
- www.choosemyplate.gov

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