



Nourish Your Bump: A Pregnancy Nutrition Guide

Easy nutrition tips for each trimester and
common symptoms



Pregnancy is an exciting journey – and nutrition plays an important role. Choosing the right foods can help you and your baby get nutrients that are needed for growth and development.



Nutritious Foods to Add for Each Trimester

During your pregnancy, you'll need a combination of a healthy diet along with prenatal vitamins. Talk to your healthcare provider to find the best nutrition advice for you.

First Trimester:



Food to Add:

- Citrus
- Bell Peppers
- PlumGood™

- Almonds
- Leafy Green
- Avocado

- Beans & lentils
- Broccoli
- Fortified cereals

Benefit

Supports collagen development for blood vessels, skin and bones

Supports immune system development

Prevents neural tube defects

Second Trimester:



Food to Add:

- Beans & lentils
- Beef
- Prune Juice

- Sweet Potatoes
- Carrots
- Mango & Apricots

- Yogurt
- Milk
- Tofu

Benefit

Plays a role in new blood cell development

Supports organ formation, eye health and immunity

Helps build bones and teeth



Third Trimester:



Food to Add:

- Eggs
- Beef
- Tofu
- Milk
- Salmon
- Fortified foods
- Bananas
- Prunes
- Potatoes
- Fatty fish (salmon)
- Avocado
- Walnuts

Benefit

- Helps support brain development and prevents neural tube defects
- Supports for bone strength
- Plays a role in fluid balance, muscle contraction and blood pressure
- Supports brain and eye development



Solutions for Common Digestive Issues during Pregnancy

Constipation: Fiber, Fluid and Movement are key to supporting digestion

- Add Sunsweet Prunes and Amaz!n™ Prune Juice as they naturally provide fiber and sorbitol to keep things moving.
- Hydrate! Aim to drink at least 8–10 cups of fluids daily.
- With your doctor's go ahead, add daily movement, like a walk or stretch.



Nausea: Try not to get too hungry during the day and focus on foods that help you feel good

- Eat smaller, more frequent meals throughout the day.
- Focus on simple foods—like smoothies or sandwiches.
- Avoid foods that have powerful smells.

Heartburn: This is a common symptom later in pregnancy

- Pay attention to the size of your meals.
- Take your timing eating and allow at least 30 minutes for digestion ahead of bedtime.
- Limit triggers like coffee, soda, citrus, chocolate, spicy or acidic foods.

Discover more pregnancy-friendly recipes at sunsweet.com/recipes

This is not a substitute for medical advice. Please consult your healthcare provider with any questions and if you are experiencing any pregnancy complications.

Adopted from *Eating Well for Moms-to-Be* Bridget Swinney, MS, RD.



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