

# Pregnancy and Nutrition: Eating For Two, Not Like Two

## How much should I really be eating during pregnancy?

During pregnancy you should be consuming around 300 extra calories, not eating twice your normal amount. It is important to gain weight during pregnancy, but it is also important not to gain too much or you could be putting you and your baby's health at risk.

### Make sure you get enough of these important nutrients:

- Protein - lean meat, chicken, fish, beans, nuts, eggs, cheese
- Calcium - milk, yogurt, cheese
- Vitamin D - milk and sunshine
- Iron - red meat, fish, poultry, cereals
- Folic acid - green leafy vegetables like romaine lettuce, spinach, or asparagus; citrus fruits such as oranges; enriched breads and cereal



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### **What does 300 extra calories look like?**

It would be easy to add extra calories everyday by eating junk food but just remember that what you eat will nourish your baby as well! Pick nutrient rich foods to give your baby what he or she needs. Try adding these to your daily diet for extra calories in a healthy form:

- Half of a peanut butter and jelly sandwich with a glass of skim milk
- 8 oz carton of yogurt with 6 wheat crackers
- 3 cups of skim milk or a fruit smoothie made with skim milk
- Lentil, bean, or split pea soup

Try to limit “extras” such as soft drinks, candies, desserts, or fried foods. This doesn't mean you can't eat them at all, just be sure to not eat them too much. Sometimes swap cookies for sliced apples with cinnamon.

For more information call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.



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