Nutrient needs during pregnancy are increased in order to support the growth of the fetus while maintaining the health of the mother.

HOW CAN YOU MEET YOUR INCREASED NUTRITIONAL NEEDS DURING PREGNANCY?

1. The food you eat should be packed with nutrients, not empty calories. Eat nutrient-dense foods, such as fruit, vegetables, whole grains, and lean protein.

2. Consider taking a dietary supplement under the supervision of a qualified healthcare provider.

FOLIC ACID
- Folic acid is the synthetic form of folate found in supplements and fortified food.
- All women capable of becoming pregnant should supplement with 400 µg/day of folic acid and increase to 600 µg/day throughout pregnancy.

IODINE
- Consider a prenatal multivitamin/mineral supplement containing 220 µg/day.

IRON
- Most pregnant women will require an iron supplement.
- Take iron supplements between meals or at bedtime on an empty stomach.

VITAMIN D
- 90% of pregnant women do not consume the recommended amount of vitamin D.
- The LPI recommends 2,000 IU/day of supplemental vitamin D.

Include foods that are good sources of the important micronutrients mentioned on the next page.
## Micronutrients

### Recommended Dietary Allowance (RDA) Substantially Increased When Pregnant

<table>
<thead>
<tr>
<th>Micronutrient</th>
<th>Good Sources</th>
<th>From to µg/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folate</td>
<td>legumes (beans, peas, lentils), green leafy vegetables, fortified grains</td>
<td>From 400 to 600 DFE/day</td>
</tr>
<tr>
<td>Iron</td>
<td>meat, fish, poultry, legumes, nuts</td>
<td>From 18 to 27 mg/day</td>
</tr>
<tr>
<td>Iodine</td>
<td>dairy products, iodized salt, seafood</td>
<td>From 150 to 220 µg/day</td>
</tr>
<tr>
<td>Zinc</td>
<td>meat, shellfish, poultry, nuts, legumes</td>
<td>From 8 to 11 mg/day</td>
</tr>
</tbody>
</table>

### RDA Slightly Increased, but Underconsumed by Pregnant Women

<table>
<thead>
<tr>
<th>Micronutrient</th>
<th>Good Sources</th>
<th>From to µg/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>eggs, yellow &amp; orange vegetables</td>
<td>From 700 to 770 RAE/day</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>fruit &amp; vegetables</td>
<td>From 75 to 85 mg/day</td>
</tr>
<tr>
<td>Choline*</td>
<td>eggs, seafood, meat, poultry, nuts</td>
<td>From 425 to 450 mg/day*</td>
</tr>
</tbody>
</table>

### RDA Unchanged, but Underconsumed by Pregnant Women

<table>
<thead>
<tr>
<th>Micronutrient</th>
<th>Good Sources</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D</td>
<td>fatty fish, fortified food</td>
<td>600 IU/day</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>vegetable oils, nuts &amp; seeds, avocado</td>
<td>15 mg/day</td>
</tr>
<tr>
<td>Calcium</td>
<td>dairy products, sardines</td>
<td>1,000 mg/day</td>
</tr>
</tbody>
</table>

**µg = micrograms | mg = milligrams | RAE = retinol activity equivalents | *AI = Adequate Intake | oz = ounce | IU = International Units | tbsp = tablespoon | g = grams | tsp = teaspoon | DFE = Dietary Folate Equivalents | A 3-ounce serving of meat or fish is about the size of a deck of cards.
## Macronutrients

### Protein
- Protein needs increase by approximately 25 additional grams/day during pregnancy.
- Many women already consume this amount of protein.

### Carbohydrate
- Carbohydrate needs increase from 130 to 175 grams/day.
- Many women already consume this amount of carbohydrate.

### Fat
- Consuming the right kind of fat is important.
- Include sources of the essential fatty acids, linoleic acid and linolenic acid.
- Include sources of EPA and DHA

### Water
- During pregnancy, extra fluid is needed to maintain the amniotic fluid and support an increase in maternal blood volume.
- Adequate fluid intake also helps combat fluid retention, constipation, and dehydration.

### Caffeine
- Consume no more than 300 mg/day (approximately 2–3 cups of coffee/day).

### Alcoholic Beverages
- There is no known safe amount or time to consume alcoholic beverages during pregnancy.

### Mercury Concerns
- Eat 2–3 servings (8–12 oz total) of low-mercury fish/week.
- Good choices: salmon, sardines, canned light tuna, trout

### Energy: Calories

#### Ideas for Healthy 300-Calorie Snacks

**Eating for two ≠ Doubling your calories**

- No additional calories are needed in the first trimester.
- About 300 additional calories/day are needed in the 2nd and 3rd trimesters.

- Yogurt (8 oz)
- Strawberries (1 cup)
- Almonds (23)
- Bread (2 slices)
- Cheese (1 oz)
- Carrots (2 medium)
- Oats (½ cup cooked)
- Low-fat milk (8 oz)
- Banana (1 medium)

### Good Sources

<table>
<thead>
<tr>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>seafood, lean meat &amp; poultry, eggs, low-fat dairy, nuts, legumes (beans, peas, lentils) 3 oz (cooked) = 17.4 g egg 1 large = 6.3 g lentils ½ cup (cooked) = 8.9 g</td>
<td>whole grains, fruit, vegetables, legumes 1 slice = 15 g strawberries 1 cup whole = 11 g lentils ½ cup (cooked) = 20 g</td>
<td>vegetable oils, fish, olives, avocado, nuts, seeds safflower oil 1 tbsp = 10.1 g linoleic acid walnuts 1 oz (14 halves) = 2.6 g α-linolenic acid salmon 3 oz (cooked) = 1.5 g EPA + DHA</td>
</tr>
</tbody>
</table>

**g = grams | tbsp = tablespoon**
**oz = ounce | A 3-ounce serving of meat or fish is about the size of a deck of cards.**
Micronutrient Information Center

- lpi.oregonstate.edu/mic/health-disease/pregnancy-in-brief
- lpi.oregonstate.edu/mic/life-stages/pregnancy-lactation