



# MyPyramid in Action Tips for Pregnant Moms

## How Much Weight Should I Gain?

You should gain weight gradually during your pregnancy. Many doctors suggest women gain weight at the following rate:

- 2 to 4 pounds *total* during the first 3 months (first trimester)
- 3 to 4 pounds *per month* during the 4<sup>th</sup> to 9<sup>th</sup> months (second and third trimesters)

The total amount of weight you should gain depends on your weight when you became pregnant. Women who were at a healthy weight before becoming pregnant should gain between 25 and 35 pounds while pregnant. The advice is different for those who were overweight or underweight before becoming pregnant. Check with your doctor to find the amount that is right for you.



Visit your doctor regularly. The doctor can check on your weight gain. If you are gaining weight too fast, you may need to cut back on the calories you are currently eating. If you are not gaining weight, or gaining too slowly, you may need to eat more calories.

- The best way to eat fewer calories is by decreasing the amount of “extras” you are eating.
- You can take in more calories by eating a little more from each food group.

### What are “extras”?

Extras are added sugars and solid fats in foods. Some examples of foods with “extras” are the following:

- |               |                     |                    |               |
|---------------|---------------------|--------------------|---------------|
| • Soft drinks | • Biscuits          | • Cheese           | • Sausages    |
| • Candies     | • Sweetened cereals | • Whole milk       | • Fatty meats |
| • Desserts    | • Fried foods       | • Sweetened yogurt |               |

**Look for choices that are low-fat, fat-free, unsweetened, or with no-added sugars.**

## What About Physical Activity?

Unless your doctor advises you not to be physically active, include 30 minutes or more of physical activity, such as walking or swimming, on most if not all days of the week.

- Avoid activities with a high risk of falling or injury.
- The physical activity can be done in short periods of 10 minutes.








# What Should I Eat?

## MyPyramid Plan for Moms

When you are pregnant, you have special nutritional needs. Follow the MyPyramid Plan for Moms below to help you and your baby stay healthy.

- Eat these amounts from each food group daily.
- The calories and amounts of food you need change with the stage of pregnancy.
- The Plan shows different amounts of food for different trimesters, to meet your changing nutritional needs.

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?	Remember to...
Eat this amount from each group daily.*				
<b>Fruits</b> 	2 cups	2 cups	1 cup fruit or juice ½ cup dried fruit	<i>Focus on fruits—</i> Eat a variety of fruits.
<b>Vegetables</b> 	2½ cups	3 cups	1 cup raw or cooked vegetables or juice 2 cups raw leafy vegetables	<i>Vary your veggies—</i> Eat more dark-green and orange vegetables and cooked dry beans.
<b>Grains</b> 	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal	<i>Make half your grains whole—</i> Choose whole instead of refined grains.
<b>Meat &amp; Beans</b> 	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or fish ¼ cup cooked dry beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter	<i>Go lean with protein—</i> Choose low-fat or lean meats and poultry.
<b>Milk</b> 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces cheese 2 ounces processed cheese	<i>Get your calcium-rich foods—</i> Go low-fat or fat-free when you choose milk, yogurt, and cheese.

\*These amounts are for an average pregnant woman. You may need more or less than the average. Check with your doctor to make sure you are gaining weight as you should.

In each food group, choose foods that are low in “extras.” Pregnant women and women who may become pregnant should not drink alcohol. Any amount of alcohol during pregnancy could cause problems for your baby.

Most doctors recommend that pregnant women take a prenatal vitamin and mineral supplement every day **in addition to** eating a healthy diet. This is so you and your baby get enough folic acid, iron, and other nutrients. But don’t overdo it. Taking too much can be harmful.



Get a MyPyramid Plan for Moms designed just for you.  
Go to [www.MyPyramid.gov](http://www.MyPyramid.gov) for your Plan and more.  
Click on “Pregnancy and Breastfeeding.”