EATING FOR 2
Getting the nutrients you need during pregnancy

Eat the **right mix** of vegetables, fruits, low fat or fat free dairy, whole grains, lean protein, and healthy fats.

Take a daily **prenatal vitamin**, if advised by your health care professional.

1ST TRIMESTER

During the **first trimester**, you do not need to consume any extra calories.

2ND AND 3RD TRIMESTERS

During the **second trimester**, consume **340 extra calories**. This will increase to a total of **500 extra calories** during the **third trimester**.

Example Meal #1

A cup of Greek yogurt and a banana provide 340 calories. Add a handful of almonds to reach 500 calories.

Example Meal #2

Hummus, pita **and** veggies provide 340 calories. Add 8oz of orange juice to reach 500 calories.

Example Meal #3

Avocado, toast and an egg provide 340 calories. Add 8oz of soy milk to reach 500 calories.

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Jin-Ying Zhang

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