



What foods should I eat during pregnancy?

How many extra calories should I eat per day during pregnancy?



Starting at your second trimester, you should eat 340 calories extra a day above what you normally eat. That is equivalent to two eggs and two pieces of toast, a peanut butter banana smoothie, or a small bean burrito.



If you are having twins, you should have 600 extra calories a day. If you are having triplets, you should have 900 extra calories a day. Unless your provider recommends otherwise.

What foods should I eat?



It is important to have a balanced diet in pregnancy. Some vitamins and minerals help your baby's bones, muscles, brain, and other parts of their body grow nice and strong. Below is a list of foods you may eat that get the nutrition you will need.



Doctors will often prescribe prenatal vitamins which contain all the vitamins you need during pregnancy.

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Vitamins	Foods
Calcium 1,000–1,300 mg	Milk, cheese, yogurt, sardines, dark leafy green vegetables such as spinach.
Iron 27 mg	Lean red meat, poultry, fish, dried beans and peas, cereals with iron, prune juice.
Iodine 220 mcg	Iodized table salt, dairy products, seafood, meat, eggs.
Choline 450 mg	Milk, beef, liver, eggs, peanuts, soy products.
Vitamin A 750–770 mcg	Carrots, green leafy vegetables, sweet potatoes.
Vitamin C 80–85 mg	Citrus fruit, broccoli, tomatoes, strawberries.
Vitamin D 600 units	Sunlight, fortified milk, fatty fish like salmon and sardines.
Vitamin B6 1.9 mg	Beef, liver, pork, ham, whole grain cereal, bananas.
Vitamin B12 2.6 mc	Meat, fish, poultry, milk.
Folic acid 600 mcg	Fortified cereal, enriched bread and pasta, dark green leafy vegetables, orange juice, beans.