

Now that you're eating for two, it's important to consume nutrient-dense food that help your baby grow! Follow these guidelines to help improve birth outcomes, and learn more at Lamaze.org/nutrition.

FIRST TRIMESTER

600 micrograms of folate

- Helps prevent birth defects and preterm birth
- Builds DNA
- Grows and reproduces cells
- Take a prenatal vitamin with folic acid to supplement folate intake

Foods with folate: asparagus, dark leafy greens, nuts, beans, whole grains, fortified cereal, broccoli, citrus fruits, peas, lentils, avocado, brussels sprouts, seeds, cauliflower, corn, beets, celery, carrots, squash



Average total weight gain for the 1st trimester is 1-4 pounds



SECOND TRIMESTER

1,000 milligrams of calcium per day

- Helps baby grow strong bones, teeth, hair and nails
- Lowers your blood pressure
- Helps prevent preeclampsia

Foods with calcium: yogurt, milk, cheese, collard greens, kale, spinach, broccoli, edamame, oranges, salmon, tofu, almonds



Average total weight gain for the 2nd trimester is 12-15 pounds



THIRD TRIMESTER

27 milligrams of iron each day

- Helps prevent anemia
- Provides baby enough iron to sustain him/her through the first six months of life
- Supplementing with a prenatal vitamin could be beneficial

8-10 cups of water or fluids each day

- Extra fluids help maintain increased blood supply and prevent constipation
- Helps prevent dehydration

Foods with iron: spinach, beef, lamb, other animal protein, kidney beans, red quinoa, sunflower seeds, fortified whole grains, fortified cereal, dark chocolate, tofu



Average total weight gain for the 3rd trimester is 12-16 pounds



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Reference: US National Institutes of Health Office of Dietary Supplements