



Nutrition

Are You Eating for Two?

The phrase “eating for two” sounds like you need to double your daily food intake to have a healthy baby. But the kind of weight gain that could result from that might actually put you and your child in danger. However, you do need to eat more than normal to sustain your body and your baby’s needs.

This chart shows you what you need per day to keep you and your baby healthy. Some foods are listed in more than one place. This gives you more chance for variety in planning your meals. Pay close attention to how much fat you eat each day. Many recipes use fat as an ingredient. Read labels carefully before purchasing premade meals.

FOOD	SERVING SIZE	SERVINGS PER DAY	KINDS OF FOOD
protein	3 to 4 ounces	two	cheese; yogurt; legumes (including soy flour, tofu and soy milk); nuts; seeds; cereals; whole-grain bread; wheat germ; meat; poultry; fish
milk	1 cup	four	nonfat or low-fat
eggs	1 egg	two	white, brown, home-raised or store-bought
greens: fresh, dark, leafy vegetables, the darker the green the better	1 cup	two	lettuce; kale; broccoli; zucchini; asparagus; brussels sprouts; cabbage; celery; cucumbers; peppers; peas; spinach
whole grains	1 piece or 1 cup	four	bread; cereal; oatmeal; cornmeal; popcorn; rice (brown and white); wheat germ; bran
citrus fruit or other foods high in Vitamin C	1 cup	one to two	oranges; grapefruit; strawberries; tomatoes; green leafy vegetables; potatoes; bean sprouts; red peppers
butter/fats/oils	varies	two to three	1/8 avocado; 1 tsp. canola, olive or peanut oil; 2 tsp. peanut butter; 1 Tbs. sesame seeds; 1 tsp. margarine; 1 tsp. mayonnaise; 1 Tbs. salad dressing
yellow and orange fruits and vegetables	1 cup or one piece	five	sweet potatoes; corn; carrots; apricots; oranges; tomatoes; yellow and orange melons; peaches; mangoes
water	1 cup	eight to 12	filtered or bottled