

Healthy eating tips *for pregnancy*

Eating when you're pregnant can be tricky because your body is going through a lot of changes. You might have cravings, feel sick or not feel like eating much at all. Snacking on small portions might be easier than eating big meals. If you're not sure what to eat, try pairing foods that have protein (like meat, eggs, dairy, nuts or beans) with foods that have fiber (like whole grains, fruits or vegetables).



Healthy snack ideas

- Whole grain crackers and hummus
- Veggies and hummus
- Brown rice cake with nut butter
- Hard-boiled egg and fruit
- Egg salad on whole grain toast
- Cheese and whole grain pretzels
- Chicken or tuna salad on crackers
- Carrots and nut butter
- Apples and nut butter
- Berries with nuts or seeds
- Greek yogurt with fruit and nuts
- Whole grain chips and bean dip
- Roasted green peas
- Roasted edamame

Healthy low-prep meal ideas

Look for simple meals that you like or change the ingredients to fit what you normally eat.

- Sauté diced onion and garlic. Add a can of pinto beans and half a jar of green salsa. Serve on corn tortillas or over brown rice.
- Make a quesadilla with chicken or refried beans. Top with lettuce and avocado.
- Sauté diced onion and garlic with canned diced tomatoes and a can of chickpeas.
- Make scrambled eggs with whole grain toast. Serve with a side of fruit such as grapes, apple or pear.
- Cook red lentil pasta and mix in canned pasta sauce. Add leafy greens or diced bell pepper for extra veggies.
- Roast a sweet potato, slice it in half. Top with canned black beans, chopped kale and a sauce like tahini or green goddess. Optional: Add chicken breast.
- Brush chopped kale with olive oil and lime juice. Mix in cumin and salt, then add to a bowl with quinoa and a protein like chicken, black beans or cooked lentils. Top with a sauce like pesto or salsa verde.
- Mix a can of black beans with diced red onion, red bell pepper, chopped avocado, cilantro, lime juice, salt and a dash of cayenne or hot sauce. Eat it by itself, or add steak, leafy greens and/or whole grains like quinoa.
- Combine a can of chickpeas with diced celery, diced shallot or red onion, Dijon mustard, mayo, lemon juice, chopped dill, salt, pepper and paprika. Enjoy it alone or use it as a sandwich filling on 100% whole grain bread with tomato.

Basic smoothie recipe

Smoothies can be a quick, easy option for a healthy meal.

Choose one protein

½ cup of:

- Greek yogurt
- Dairy milk
- Soy milk
- Tofu
- Cottage cheese

2 tbsp of:

- Nut butter

1 serving of:

- protein powder

Add fruit

- ½ cup frozen banana plus
½ cup other frozen fruit

Choose a vegetable

- 1 cup of spinach or baby kale
- ½ cup frozen cauliflower
- ½ cup roasted root
vegetable (like sweet potato)

Choose a healthy fat

- 2 tbsp chia or
hemp seeds
- coconut milk
- ⅓ of an avocado
- 1 tsp MCT oil

Add enough liquid to blend

- Milk
- Coconut water
- Juice

Extras

- Cinnamon
- Ginger
- Lemon
- Vanilla extract
- Coconut milk



Hydration

Drink about 12 cups (three liters) of fluids each day when you're pregnant.

Sip liquids throughout the day instead of drinking a lot at once. Try drinks like water, herbal tea or decaf coffee. Limit caffeine to less than two cups of coffee per day, and avoid alcohol or energy drinks. Try to drink less than eight ounces of juice and soda per day to limit excess sugar.



Food cravings

Wanting specific foods is common during pregnancy.

To handle food cravings, eat balanced meals and snacks throughout the day, drink enough water, and eat foods that have both carbs and protein to keep your blood sugar steady. And, of course it's okay to add a treat here and there. If you crave things that aren't food, like chalk or clay, tell your doctor.

Food aversions

It's common to not like certain foods during pregnancy. This is called food aversion, and it usually doesn't last long. Be patient with yourself and try to eat nutritious food when possible. Having food aversions is normal and won't harm you or your baby.

Understand your triggers. Figure out what smells or tastes bother you most and avoid those foods or prepare them differently.

Try cold foods. Cold or room temperature foods often have milder smells and might be easier to eat when you feel sensitive. Experiment to find what temperature works best for you.

Choose mild flavors. Pick foods that aren't strong in taste, like crackers, plain rice or toast. These can be easier on your stomach and less likely to bother you.

Eat nutrient-rich foods. Try your best to eat foods that give you lots of nutrients, like fruits, veggies, beans, nuts, lean meat and whole grains. These foods are important for a healthy pregnancy.

Seek support. Talk to your doctor or a dietitian if food aversions make it hard to eat well. They can give you advice that fits your needs.

Nausea and morning sickness

If you feel sick, it can be helpful to stick with plain foods without strong smells or flavors.

Start with things like crackers or toast, then try foods with protein, like meat or cheese. Ginger tea or sparkling water with lemon might help, and going outside for a short walk can settle your stomach.