



**What's on your
plate for the next
2 trimesters?**

*A guide to healthy
eating during your
1st and 2nd trimesters*

Menus and recipes were provided with the
permission of Elizabeth Somer, MA, RD.



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Eating for two?

Rather than eating twice as much, “eating for two” is really about eating right to better your chances for a healthy pregnancy and a healthy baby. In fact, not until your second trimester should you increase from your normal calorie count.

And even then, according to the Dietary Reference Intake guidelines, you only need to add 340 calories per day in your second trimester and 450 calories per day in your third trimester.

Women with a normal weight before pregnancy should expect to gain
25 to 35 pounds

Eating for a healthy pregnancy

The sample meal plan listed here will give you an idea of what a full day's worth of healthy eating is in your first trimester.

Breakfast

- 1 cup shredded wheat cereal
- $\frac{2}{3}$ cup low-fat fortified soy milk
- 1 banana
- 1 cup calcium-fortified orange juice



Lunch

- Spinach-chicken wrap: Fill one whole-wheat tortilla with 3 oz chicken breast, $\frac{1}{4}$ cup baby spinach, $\frac{1}{4}$ cup roasted red peppers, and 2 tablespoons low-fat cream cheese. Heat in microwave. Top with 2 teaspoons salsa.
- $\frac{1}{2}$ cup mandarin oranges, drained and topped with 1 teaspoon candied ginger
- 1 cup 1% low-fat milk

Dinner

- 4 oz salmon brushed with lemon juice and dill. Bake, broil, or barbecue.
- $\frac{1}{2}$ cup cooked instant brown rice
- 2 cups steamed broccoli
- Tomato-corn salad: Mix 2 chopped tomatoes, $\frac{1}{2}$ cup corn kernels, 2 tablespoons diced red onion, and 2 teaspoons chopped cilantro with salt and rice wine vinegar to taste
- Water



Snacks

- 2 cups air-popped popcorn and 1 cup tomato juice
- 1 cup hot cocoa made with 1% low-fat milk and 2 graham crackers
- 1 cup fresh fruit salad topped with $\frac{1}{2}$ cup non-fat vanilla yogurt. Water.

Total calories: 2,200

More calories for the 2nd trimester

In your second trimester, you'll need to bump up the calorie count. Here is a sample meal plan that gives you the extra calories that you may need.

Breakfast

- 1 cup regular oatmeal cooked in 1 cup 1% low-fat milk and topped with 2 tablespoons toasted wheat germ, 1 tablespoon chopped walnuts, and 1 tablespoon brown sugar
- 2 large eggs (any style)
- 1 cup calcium-fortified orange juice

Lunch

- Crunchy tuna sandwich: Blend 3 oz water-packed tuna with 1 tablespoon light mayonnaise and 1 tablespoon chopped green onion. Spread on whole-wheat bread with ½ cup grated carrot, lettuce, and 1 teaspoon sunflower seeds.
- 1 cup cucumber with 1 tablespoon garlic sesame seed salad dressing
- 1 large apple
- Water



Dinner

- 1 slice homemade meat loaf (made with extra-lean ground round)
- 1 small sweet potato, baked or microwaved
- 1 cup steamed green peas
- Tossed salad: 2 cups mixed leaf lettuce, 1 tablespoon thinly sliced red onion, 1 pear (sliced), and 1 tablespoon oil-free vinaigrette dressing
- Water

Snacks

- 1 cup 1% low-fat milk, warmed and flavored with almond syrup/flavoring. Water.
- 5 dates each stuffed with 1 pecan and 6 oz custard-style lemon yogurt. Water.
- 2 cups slightly steamed vegetables, such as broccoli, cauliflower, carrots, and/or Chinese pea pods, dipped in 1 tablespoon low-calorie ranch dressing. Water.
- 2 slices cinnamon-raisin bread with 1 tablespoon jam. Water.

Total calories: 2,400

Daily food plan for moms to be

Use this helpful chart as you plan your daily meals*

Serving size		1 st	2 nd
		Trimester daily servings	Trimester daily servings
1 oz = 	Grains 	8 oz	10 oz
1 cup = 	Vegetables 	3 cups	3.5 cups
1 cup = 	Fruits 	2 cups	2.5 cups
1 cup = 	Milk 	3 cups	3 cups
2-3 oz = 	Meat & beans 	6.5 oz	7 oz

*Your needs may be more or less than these based on your age, height, weight, and the amount you exercise.

If baby weighs 7–8 lb, where does all the weight go?

- Increased blood volume: 3 lb
- Uterus: 2 lb
- Breast enlargement: 1 lb
- Amniotic fluids: 2 lb
- Placenta: 1–2 lb
- Increased muscle tissue & fluid: 4–7 lb
- Body fat: 5+ lb

*Find more tips on healthy
eating during your pregnancy
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