

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](http://Lamaze.org/nutrition).

## FIRST TRIMESTER

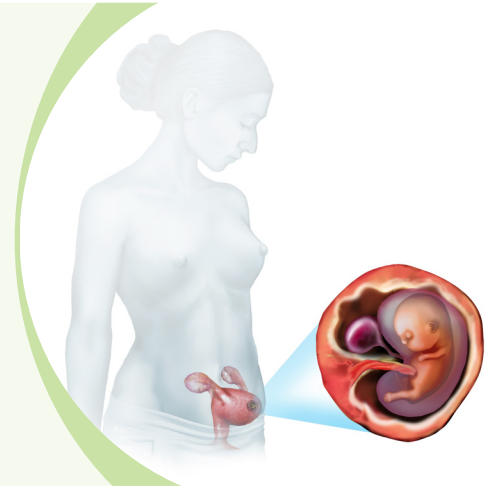
### 600 micrograms of folate

- 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*



Reviewed by:

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Reference: US National Institutes of Health Office of Dietary Supplements