



MyPyramid

For Moms

Based on the information you provided, these are your recommended amounts from each food group. For more information, go to MyPyramid.gov.

	GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Choose lean with protein
1st Trimester					
2nd Trimester					
3rd Trimester					

* These are only estimates of your needs. Check with your health care provider to make sure you are gaining weight appropriately.

The calories and amounts of food you need change with each trimester of pregnancy. Your plan may show different amounts of food for different months, to meet your changing nutritional needs. Changing the amount of calories you eat each trimester also helps you gain weight at the correct rate.

Know your limits on fats, sugars, and sodium		
	OILS Aim for this much:	EXTRAS Limit extras (solid fats and sugars) to this much:
1st Trimester		
2nd Trimester		
3rd Trimester		