



The Art of Eating

A GUIDE TO NUTRITION DURING
YOUR FIRST & SECOND TRIMESTERS





Table of Contents

Focusing on Nutrition	4
First Trimester	6
Second Trimester	12
Looking Ahead	18

Congratulations!

You're embarking on one of life's most rewarding journeys.



Focusing on Nutrition

If you're pregnant or planning on becoming pregnant, you know there's a lot to think about when it comes to welcoming a little one into the world. One of the most important ways you can prepare for a healthy pregnancy—and a healthy baby—is by paying close attention to nutrition.

The first trimester is a critical period for your baby's future health. It is when the cellular structure of your baby's body, blood, bones, brain, and other organs is being formed.

A balanced diet can have a positive impact on your baby. That's why we are here to provide you with information about the many ways to keep you and your baby healthy.

MEETING NUTRITION NEEDS OF YOU AND YOUR BABY

To support you and your body's increased needs during pregnancy, and to support your baby's growth and development, you'll need certain nutrients. While you can get many of them through a nutritious diet, your doctor may also want you to take a prenatal vitamin.

EXPERT ADVICE FOR FEEDING YOUR BABY

If you have questions about feeding your baby, Similac® Feeding Expert offers live, one-on-one feeding support. You can speak with one of our experts by calling 1-800-986-8800 (M–F, 8:30 AM–7 PM ET).



— Similac® —

FeedingExpert

📞 1-800-986-8800

(M–F, 8:30 AM–7 PM ET)

[FeedingExpert.com](https://www.FeedingExpert.com)

First Trimester

EATING FOR TWO

It's a common misconception that "eating for two" refers to the amount of food you should eat while you're pregnant. What it really means is that you need a nutrient-rich diet to consume all of the vitamins and minerals needed for both you and your growing baby to thrive. But it may be difficult to get all the nutrients you need from food alone, which is why prenatal vitamins are so important.

WHY PRENATAL VITAMINS ARE ESSENTIAL

Even women who eat healthy every day may miss out on increased levels of nutrients needed during pregnancy. The USDA and Health and Human Services partner to develop the Dietary Guidelines. A section dedicated to nutrition during pregnancy is a great source and recommends that women who are pregnant or breastfeeding get more of specific nutrients.







One especially important nutrient is folate. It's recommended that pregnant women get at least 600 mcg per day. To ensure a pregnant mom gets this nutrient important to early development, prenatal supplements contain the recommended amount of a form of folate, folic acid. Be sure to discuss prenatal supplement use with your doctor.



Important Nutrition for You & Your Baby During Pregnancy

NUTRIENT	WHY IT'S SO IMPORTANT	FOODS THAT PROVIDE IT
Folate*	Helps to produce blood and protein for you. For baby, supports rapidly growing cells such as immune cells	Green leafy vegetables, liver, orange juice, legumes, nuts 
Calcium	Helps build strong bones and teeth for your baby and helps you maintain your bone mineral density	Milk, cheese, yogurt, sardines 
Iron	Helps red blood cells deliver oxygen to your baby	Lean red meat, dried beans and peas, iron-fortified cereals, prune juice 
Vitamin A	Forms healthy skin and helps your eyesight. For your baby, it helps with bone growth	Carrots, dark leafy greens, sweet potatoes 
Vitamin C	Supports healthy bone and tissue growth for you and baby. Helps your body absorb iron	Citrus fruits, broccoli, tomatoes, strawberries 
Vitamin D	Helps build strong bones and teeth for your baby and helps support your bone health	Vitamin D-fortified milk, fatty fish such as salmon 

* Folate is the correct name for the nutrient found in foods. Folic acid is the correct name for the nutrient found in enriched foods, such as grains and bread, as well as supplements. Folic acid is the form of the nutrient in prenatal vitamins.

NUTRIENT	WHY IT'S SO IMPORTANT	FOODS THAT PROVIDE IT
Vitamin B₆	Helps you form red blood cells. For you and baby, helps body use protein, fat, and carbohydrates	Beef, liver, pork, whole-grain cereals, bananas 
Vitamin B₁₂	Helps form your baby's red blood cells and maintains their nervous system	Liver, meat, fish, poultry, milk 
Vitamin E	Helps your baby's body to form and use their muscles and red blood cells	Wheat germ, hazelnuts, almonds, oils from canola and safflower, sunflower seeds 
Choline	Essential for your baby's brain and nervous system development	Eggs, lean meats and chicken, certain fish like cod and tilapia, potatoes, wheat germ, peanuts, navy beans, broccoli, cauliflower 
Lutein	Supports eye health for you and baby	Spinach, zucchini squash, green beans, kale 
DHA	Supports your baby's brain development	Salmon, tuna, sardines, eggs 

Ask your doctor about additional nutrients that may be beneficial for you and your baby.

Helpful Tips to Manage Symptoms of Pregnancy

MORNING SICKNESS SYMPTOMS

- Eat small, frequent meals
- Try cold foods like smoothies and fruit yogurt
- Eat easy-to-digest foods, such as crackers, fruit, and toast
- Avoid foods with strong odors
- Tart/sour, spicy, salty, and crunchy foods can also help

FATIGUE

- Make sure you are eating a well-balanced diet including lean-protein foods, vegetables, and fruits
- Stay hydrated because dehydration will slow you down
- Communicate your fatigue to your doctor, as they may want to check your iron levels

CONSTIPATION

The iron in your prenatal vitamins, as well as the increased levels of hormones in your body, could lead to constipation throughout your pregnancy.

- Drink plenty of water—8 to 10 cups a day
- Eat healthy foods that are good sources of fiber, such as whole fruits and vegetables
- Exercise at least 30 minutes every day (as permitted by your doctor)
- Do not take laxatives unless your doctor prescribes them

Always consult with your physician when you aren't feeling well.

PRENATAL APPOINTMENTS

Typically, you will see your doctor on the following schedule:

- Once a month until you reach 28 weeks
- Then every 2 weeks until you reach your last month of pregnancy
- Then weekly until you deliver

Things you might want to ask your doctor:

- Are the symptoms I'm experiencing normal?
- For which symptoms should I call you?
- Are there any activities or foods I should avoid?
- What are your specific recommendations regarding weight gain, exercise, and nutrition?

FIRST TRIMESTER SUGGESTIONS

THINGS TO GET DONE	THINGS TO BUY
<ul style="list-style-type: none">○ Learn about pregnancy by reading a book or blog, or talking to a friend	<ul style="list-style-type: none">○ Waistband extender: it will keep you in your pregnancy pants and jeans longer
<ul style="list-style-type: none">○ Check to make sure you have insurance for maternity and baby benefits, or start putting a budget together to cover the costs	<ul style="list-style-type: none">○ Body pillow to help you sleep comfortably○ Soft-head toothbrush and dental floss; you're more susceptible to sensitive gums and gingivitis
<ul style="list-style-type: none">○ Learn your company's policy about maternity leave if you are working	<ul style="list-style-type: none">○ Sports bra for gentle support and comfort for tender breasts
<ul style="list-style-type: none">○ Join MySimilac® Rewards at Similac.com/Rewards for weekly emails and tips	<ul style="list-style-type: none">○ Body lotion for dry skin throughout pregnancy

Second Trimester

THE “HONEYMOON” STAGE

As you enter your second trimester, you may feel as if a window shade has been lifted. Your morning sickness has most likely subsided and there’s a renewed sense of energy.

You may even start experiencing those first few flutters—usually between 18 and 22 weeks. They won’t feel like real kicks just yet, but it’s certainly exciting to feel your baby moving around.

YOUR GROWING NUTRITION NEEDS

As your pregnancy progresses, your nutrition needs will increase, but it is important to maintain a balanced diet for healthy weight gain. Be sure to discuss any concerns with your doctor so they can evaluate your weight gain and offer individualized advice.

TIP

SMART SNACKS FOR MOMS ON THE GO

Keep some nutrient-rich snacks available at work, in your bag, and at home to get the most nutrition for the calories. Here are a few good ideas:

- Fruit, such as apples or clementines, with a handful of nuts
- Hummus with carrot sticks
- Low-fat yogurt with fresh fruit, such as an apple
- Wheat crackers with peanut butter

To get nutrition guidance for every month of your pregnancy, visit the **Your Pregnancy** section of [Similac.com](https://www.similac.com).

PLANNING YOUR FOOD CHOICES

By now, your baby has functioning organs, nerves, and muscles, so make sure you are making good food choices to support proper development.

SECOND TRIMESTER DAILY FOOD GROUP RECOMMENDATIONS ¹						
CALORIES PER DAY*	1,800	2,000	2,200	2,400	2,600	2,800
FOOD GROUP	Daily Amount of Food From Each Group					
Vegetables (cup eq/day)	2½	2½	3	3	3½	3½
Fruits (cup eq/day)	1½	2	2	2	2	2½
Grains (ounce eq/day)	6	6	7	8	9	10
Dairy (cup eq/day)	3	3	3	3	3	3
Protein Foods (ounce eq/day)	5	5½	6	6½	6½	7
Oils (grams/day)	24	27	29	31	34	36
Limit on Calories From Other Sources (kcal/day)	140	240	250	320	350	370

* As suggested by your doctor and based on prepregnancy dietary needs.

Reference: 1. Dietary Guidelines Advisory Committee. *Dietary Guidelines for Americans 2020-2025*. 2020;Table 5-1. US Department of Agriculture, Agricultural Research Service, Washington, DC. Available at: https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf#page=124. Accessed January 26, 2024.

ADDING HEALTHY FATS TO YOUR DIET

Omega-3 type fats are particularly important during pregnancy because they support your baby's brain and eye development—both before and after birth. Fats are a key component of the cell membrane supporting growth of other tissues. Certain fish, such as salmon and cod, are good sources of omega-3 type fats.

CHOOSE

- Low-fat dairy, lean meats
- Fish low in mercury (salmon, cod, and others), 8 to 12 oz (2 to 3 servings) per week¹
- Plant-based oils (olive, walnut), nuts, legumes, seeds

LIMIT

- Saturated fats found in meat, full-fat dairy products, coconut, butter, lard
- Foods with high amounts of sodium
- Baked goods and processed foods



Reference: 1. Dietary Guidelines Advisory Committee. *Dietary Guidelines for Americans 2020-2025*. 2020. US Department of Agriculture, Agricultural Research Service, Washington, DC. Available at: https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf. Accessed January 26, 2024.

HOW MUCH WEIGHT SHOULD YOU GAIN?

During the second 3 months of pregnancy, you will need an additional 340 calories a day. How much weight you need to gain depends on various factors, including your prepregnancy weight. Do not use weight-loss diets during pregnancy. You need calories and nutrients for healthy growth and development of your baby. It's best to consult with your doctor about weight gain.

To give you an idea of how much (or little) extra food you need to eat, a cup of skim milk and half a peanut butter and jelly sandwich add up to about 340 calories. So 1 or 2 additional snacks a day is probably all you need.

PREPREGNANCY WEIGHT	RECOMMENDED WEIGHT GAIN ^{1,†}
Underweight	28 to 40 pounds
Normal weight	25 to 35 pounds
Overweight	15 to 25 pounds
Obese	11 to 20 pounds

* Talk with your doctor about what is right for you.

† Recommended for single pregnancy.

Reference: 1. American College of Obstetricians and Gynecologists, Committee on Obstetric Practice. Weight gain during pregnancy. Accessed October 27, 2023. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2013/01/weight-gain-during-pregnancy>



Second Trimester Prenatal Appointments

WHAT CAN YOU EXPECT?

During these visits, your doctor will schedule appointments for certain prenatal tests to address any potential problems or complications, such as gestational diabetes.

GESTATIONAL DIABETES

Each year, 2% to 10% of pregnancies in the US are affected by gestational diabetes,¹ and the rate is on the rise, with a mean annual increase of 3.7% per 1000 live births between 2011 to 2019.² Gestational diabetes is a type of diabetes that occurs during pregnancy when the body is unable to make enough insulin. Insulin allows sugar found in the blood to enter into the body's cells. When there is not enough insulin, blood sugars, also known as glucose, can run high.¹

The good news is that it is a manageable condition, and, often, the blood glucose level returns to normal after delivery. Your doctor will provide specific dietary requirements and restrictions. Uncontrolled blood glucose during pregnancy can increase the risk of health complications for you and your baby.

References: 1. Centers for Disease Control and Prevention. Accessed October 27, 2023. [cdc.gov/diabetes/basics/gestational.html](https://www.cdc.gov/diabetes/basics/gestational.html) 2. Shah NS, et al. JAMA. 2021;326(7):660-669.

GLUCOSE TOLERANCE TESTING

Most doctors recommend a glucose tolerance test between 24 and 28 weeks to check for gestational diabetes. However, if your pregnancy is high-risk, the doctor may recommend a test at 15 weeks.

You will be asked to drink a sugar solution containing a certain amount of glucose. Then an hour later, you will be given a blood test to check your blood glucose level. Results should be available in a few days.

Depending on which test your doctor uses and if the reading is too high, they may have you return for a follow-up test using an increased amount of glucose. The purpose is to see how efficiently your body processes sugar.

Preparation for the Next Trimester

SECOND TRIMESTER CHECKLIST

- ☐ Take a tour of your hospital or birth center
- ☐ Consider a trip—before flying or driving becomes too uncomfortable
- ☐ Research and buy baby gear, such as strollers, car seats, bassinets, etc, to fit your needs
- ☐ Make childcare arrangements if you plan on working after your baby is born
- ☐ Enroll in childbirth classes, as well as classes on breastfeeding, infant CPR, and newborn care
- ☐ If you haven't already, check out [Similac.com/HealthyMom](https://www.Similac.com/HealthyMom) for useful information, tools, and tips
- ☐ Research and pick a pediatrician in your area



Looking Ahead

As you're getting ready for your third trimester, remember that nutrition continues to play a critical role in the health and development of your baby during the last 3 months.



Every baby is unique. And so is every mom. That's why we want to make sure you both get exactly what you want. The MySimilac® Rewards program offers personalized gifts and benefits customized for your specific needs. And, you have the opportunity to earn up to \$400* in savings and benefits.

- Email updates including helpful guides, tips, and nutrition information tailored specifically to your baby's growth
- Gifts and benefits customized for your specific needs, from personalized formula savings to expert feeding advice, and up to \$400* in savings and exclusive benefits
- Tailored nutrition options to suit different feeding needs. Learn more about formula feeding options.

Join MySimilac® Rewards Now!

Similac.com/Rewards

* Offers may vary and are provided by Abbott and its third-party partners. Additional terms, conditions, and restrictions may apply. Offers may be subject to additional shipping and handling fees. Visiting participating healthcare facilities may be required to claim select offers.

Similac®

FeedingExpert

 **1-800-986-8800**

(M-F, 8:30 AM-7 PM ET)

FeedingExpert.com
