

Nutrition Needs by Trimester

PREGNANCY GUIDE

1 First Trimester (0-13 Weeks)

Exercise

- Take a prenatal vitamin + DHA
- Focus on eating balanced meals
- Aim for ≥ 71 gm or 1.2 gm/kg protein per day
- Aim for 10-12 cups water daily

- Most women can continue their pre-pregnancy routine with adjustments for fatigue and nausea. Stay hydrated and avoid overheating.

2 Second Trimester (14-27 Weeks)

Exercise

- Continue prenatal vitamin + DHA
- Increase calories by 350 kcal
- Continue to aim for ≥ 71 gm or 1.2 gm/kg protein per day
- Aim for 10-12 cups water daily

- May need to modify exercise routine - widen your stance for balance, reduce high-impact movements, avoid exercises that increase fall risk, and modify core exercises.

3 Third Trimester (28-40 Weeks)

Exercise

- Continue prenatal vitamin + DHA
- Increase calories by 450 kcal
- Aim for 80-100 gm or 1.52 gm/kg protein per day
- Aim for 10-12 cups water daily

- May need to modify exercise routine - reduce exercise intensity as needed, focus on posture and breathing, and prioritize comfort and stability.

Foods to Avoid

Foods to Limit

- Alcohol
- Raw or undercooked seafood, meat, and eggs
- Unpasteurized milk and cheeses
- Refrigerated smoked seafood or deli meats unless cooked
- Raw sprouts
- Raw salads from outside

- High-mercury fish (e.g., shark, swordfish, king mackerel, marlin, orange roughy, tilefish from the Gulf of Mexico, and bigeye tuna)
- Caffeine to ≤ 200 mg/day

Key Micronutrients:

Nutrients	Daily Rec	Why It's Important
Folate	600 mcg DFE	Prevents neural tube defects
Iron	27 mg	Supports increased blood volume
Choline	450 mg	Brain and nervous system development
Iodine	220 mcg	Thyroid hormone production
Vitamin B12	26 mcg	Red blood cell formation and neurological development
Vitamin D	600 IU (15 mcg)	Bone development and immune function
DHA	200-300 mg	Brain and eye development

Other Nutrients:

- Aim for ≥ 25 gm fiber daily
- Aim for ~175 gm carbohydrate daily

****Nutrient needs may vary. This information is for educational purposes only. Work with your healthcare provider and Dietitian to create a customized plan to meet your nutrition needs.**