



VEGETARIAN NUTRITION FOR PREGNANCY

ARE YOU VEGETARIAN?

NUTRITION DURING PREGNANCY:

- ✓ Eating a healthy balanced diet will help you and your baby get the nutrition you need.
- ✓ By eating a variety of healthy foods, you should be able to get all the nutrients that you need for pregnancy from food and prenatal vitamins.
- ✓ Taking your vitamins with a meal will help you better tolerate and absorb them.
- ✓ Extra calories should be from nutritious foods, low-fat or fat-free dairy products, fruits, vegetables, and whole grains breads and cereals.
- ✓ Drink approximately 8 to 12 cups of water or other beverages (caffeine-free or 100% fruit juice) throughout the day.

DAILY MEAL PLANNING GUIDELINES:

- ✓ Have at least 3 cups of low-fat or fat-free dairy foods for adequate calcium and vitamin D intake.
- ✓ Eat at least 2 to 3 servings of vegetables (including at least 1 serving of dark green or orange vegetables that are high in vitamin C).
- ✓ Have at least 2 servings a day of fruit. Limit juice to 100% fruit juice and only 1 cup a day.
- ✓ Eat at least 3 servings of whole grain bread, cereal, or pasta.
 - Choose cereals and bread products that are fortified with iron. These, along with your prenatal vitamin, will meet your iron needs during pregnancy.
- ✓ Eat at least 2 to 3 servings of protein.
 - Eat beans, soy products, and nuts and nut butters. Eggs can also be included depending on the type of vegetarian diet you follow.

<i>Type of Vegetarian</i>	<i>Food Not Included</i>
Lacto-ovo vegetarian	Meat, poultry, seafood, or products made from meat, poultry, or seafood such as gelatin, broths, gravy, and lard.
Lacto vegetarian	Meat, poultry, seafood, or products made from meat, poultry, or seafood such as gelatin, broths, gravy, and lard. Eggs, products containing eggs such as baked goods.
Vegan	Meat, poultry, seafood, or products made from meat, poultry, or seafood such as gelatin, broths, gravy, and lard. Eggs, products containing eggs such as baked goods. Dairy products including milk, cheese, yogurt, and ice cream and products containing dairy products including whey and casein.

Be food savvy. Make informed choices. Enjoy the taste of eating right!



NAVY
PHYSICAL
READINESS
PROGRAM

VEGETARIAN NUTRITION FOR PREGNANCY

RECOMMENDED FOODS FROM EACH FOOD GROUP

FOOD GROUP	AMOUNT	RECOMMENDED	EXAMPLES
DAIRY	3 CUPS	LOW-FAT YOGURT FAT-FREE MILK (SKIM) LOW-FAT MILK (1%) REDUCED-FAT CHEESE OR COTTAGE CHEESE	1 CUP MILK 8 OUNCES YOGURT 1 ½ OUNCES CHEESE 2 OUNCES PROCESSED CHEESE
FRUITS	2 CUPS	CANTALOUPE HONEYDEW MELON MANGOES PRUNES OR PRUNE JUICE BANANAS APRICOTS ORANGES AND ORANGE JUICE RED OR PINK GRAPEFRUIT AVOCADO	1 CUP FRUIT 1 CUP JUICE ½ CUP DRIED FRUIT
GRAINS	1 ST TRIMESTER • 6 OUNCES 2 ND & 3 RD TRIMESTER • 8 OUNCES	FORTIFIED READY-TO-EAT CEREALS FORTIFIED COOKED CEREALS WHEAT GERM WHOLE GRAIN BREAD	1 SLICE BREAD 1 OUNCE CEREAL ½ CUP COOKED PASTA, RICE, OR CEREAL
PROTEIN FOODS	1 ST TRIMESTER • 5 ½ OUNCES 2 ND & 3 RD TRIMESTER • 6 ½ OUNCES	COOKED DRY BEANS AND PEAS (PINTO, SOY, WHITE, LENTILS, KIDNEY, CHICKPEAS) NUTS AND SEEDS HALIBUT, COD, TROUT, HERRING, SARDINES, ROCKFISH, AND YELLOW FIN TUNA	1 OUNCE = FISH, 1/3 SIZE OF DECK OF CARDS 1 LARGE EGG ¼ CUP TOFU ½ CUP BEANS 1 TBSP PEANUT BUTTER 1/3 CUP UNSALTED NUTS
VEGETABLES	1 ST TRIMESTER • 2 ½ CUPS 2 ND & 3 RD TRIMESTER • 3 CUPS	FRESH, FROZEN, AND CANNED VEGGIE JUICES	1 SERVING = 2 CUPS RAW, LEAFY GREENS 1 CUP COOKED 1 CUP JUICE