



PREGNANCY DIET CHART

FOOD GROUP	SERVINGS PER DAY	SOURCES
Milk	4	Whole, skim, low fat, buttermilk, yogurt, cheese
Eggs	2	Any style or in recipes
Meat, Fish, Poultry, Nuts, Beans	2	See below
Dark green leafy vegetables	1	Kale, other cooked greens, spinach, leaf lettuce, broccoli
Whole grains, Breads, Cereals	5	Oatmeal, rice, other grains, cold cereal, bread, muffins, pancakes, waffles
Vitamin C foods	2	Potato, grapefruit, orange, lemon, lime, tomato, melon, strawberries
Yellow or red fruits and vegetables	1	Squash, sweet potatoes, corn, melons, cherries, peaches, apricots
Salt	To taste	
Water	8-10	
Folic Acid	800 mcg (0.8 mg)	Supplement, leafy greens, fortified food

PROTEIN CONTENT OF FOODS

RDA for pregnant women 80-100 grams daily

MEAT

3 oz beef	23.3 gm
4 oz chicken	35.0
2 oz boiled ham	14.5
3 oz baked flounder	30.2
½ cup tuna	36.4

DAIRY

1 cup cottage cheese	35 gm
1 cup yogurt	13.0
1 cup milk	8.5
1 oz hard cheese	7.5
1 egg	6.5

BEANS/NUTS

½ cup cooked beans	8.0 gm
1 cup soy milk	8.0
4 oz tofu	9.0
¼ cup almonds	7.3
¼ cup walnuts or cashews	3.5
1 tablespoon peanut butter	3.9
¼ cup sunflower or other seeds	10.1

GRAINS

2 slices whole grain bread	2.4 gm
1 cup oats	2.5
½ cup brown rice	4.0
¾ cup whole wheat pasta	10.0
¼ cup wheat germ	6.6



SAFE USE OF MEDICATIONS WHILE PREGNANT OR BREASTFEEDING

While pregnant or breastfeeding it is best to avoid using medications. Some medications may have effects on you or the baby that we are not aware of such as increasing the risk of birth defects or early labor. The medications listed below have been used in many pregnant and nursing women and are considered low risk.

ANTACID/ANTIGAS

Aluminum hydroxide (Maalox)
Calcium carbonate (Tums)
Simethicone (Gas-X)
Ranitidine (Zantac)
Famotidine (Pepcid)

COLDS AND ALLERGIES

Salt water nose drops or spray
Acetaminophen (Tylenol)
Loratidine (Claritin)
Chlorpheniramine (Chlor-Trimeton)
Dextromethorphan ("DM" cough syrups)
Avoid: guaifenesin (Robitussin etc.)
decongestants, combination medications

CONSTIPATION

Fiber supplements (Metamucil, Citrucel)
Docusate sodium (Colace)
Milk of magnesia

DIARRHEA

Loperamide (Immodium)
Kaolin and pectin (Kaopectate)
Avoid: Pepto-Bismol, Lomotil

PAIN OR FEVER

Acetaminophen (Tylenol)
Avoid: Aspirin at all times
Avoid: Aleve after 28 weeks and while
breastfeeding
Avoid: Ibuprofen after 28 weeks but OK
with breastfeeding

SMOKING CESSATION

Nicotine gum or spray
Avoid: nicotine patch

VAGINAL YEAST INFECTIONS

Miconazole (Monistat)
Butoconazole (Femstat)

Source: "Over-the-Counter Medications in Pregnancy," American Family Physician, 6/15/03.
Medications and Mothers' Milk, Thomas Hale PhD, 2002.