Folic Acid (Folate) – 600 mcg
Folic acid is a B vitamin that can help protect your unborn baby from birth defects of the brain and spinal cord. These can occur during the first weeks of pregnancy. All women during child bearing years should receive a good source of folic acid daily.

Good Sources of Folic Acid:
- Fortified cereals
- Dark leafy vegetables
- Dried beans
- Liver
- Citrus fruit

Vitamin C
Vitamin C helps develop healthy gums, tissue, bones, and teeth. It also helps the body absorb iron to make healthy red blood cells and fight infection.

Good Sources of Vitamin C:
- WIC juices
- Oranges
- Strawberries

Iron
Iron is used by your body to make a substance in red blood cells that carries oxygen to your organs and tissues.

During pregnancy, you need extra iron: about double the amount that a nonpregnant woman needs. This extra iron helps your body make more blood to supply oxygen to your baby, and helps carry oxygen to your cells and to your baby’s cells.

Good Sources of Iron:
- Lean red meat
- Poultry
- Fish
- Dried beans and peas
- WIC cereals
- Prune juice

Calcium
Extra calcium is needed for bone development in your baby. The baby will take calcium from your bones and teeth if you don’t get enough in your diet.

Good Sources of Calcium:
- Low-fat dairy such as milk, yogurt, pudding, cheese, collard greens, broccoli, fortified whole grain cereals, and juices.

Choose MyPlate: Daily Amounts During and After the Pregnancy

<table>
<thead>
<tr>
<th>Daily needs for women who are:</th>
<th>Grain Group Make half your grains whole</th>
<th>Vegetable Group Vary your veggies</th>
<th>Fruit Group Eat a variety of fruits</th>
<th>Milk Group Low Fat</th>
<th>Meat &amp; Beans Group Go lean with protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant 1st Trimester</td>
<td>6 ounces</td>
<td>2 1/2 cups</td>
<td>2 cups</td>
<td>3 cups</td>
<td>5 1/2 ounces</td>
</tr>
<tr>
<td>Pregnant 2nd &amp; 3rd Trimester</td>
<td>8 ounces</td>
<td>3 cups</td>
<td>2 cups</td>
<td>3 cups</td>
<td>6 1/2 ounces</td>
</tr>
<tr>
<td>Fully Breastfeeding</td>
<td>8 ounces</td>
<td>3 cups</td>
<td>2 cups</td>
<td>3 cups</td>
<td>6 1/2 ounces</td>
</tr>
<tr>
<td>Partially Breastfeeding</td>
<td>7 ounces</td>
<td>3 cups</td>
<td>2 cups</td>
<td>3 cups</td>
<td>6 ounces</td>
</tr>
<tr>
<td>Nonbreastfeeding*</td>
<td>6 ounces</td>
<td>2 1/2 cups</td>
<td>1 1/2 cups</td>
<td>3 cups</td>
<td>5 ounces</td>
</tr>
</tbody>
</table>

**Counting Cups and Ounces**

- 1 ounce = 1 slice bread, 1 ounce ready-to-eat cereal OR 1/2 cup cooked pasta, rice, or cereal
- 1 cup = 1 cup raw or cooked vegetables or juice OR 2 cups leafy vegetables
- 1 cup = 1 cup fruit or juice OR 1/2 cup dried fruit
- 1 cup = 1 cup milk, 8 ounces yogurt, 1 1/2 ounces cheese OR 2 ounces processed cheese
- 1 ounce = 1 ounce lean meat, poultry or fish, 1 egg, 1/4 cup cooked dry beans, 1/2 ounce nuts OR 1 tablespoon peanut butter

**Pregnancy: Extra Needs for You and Your Baby**

**Folic Acid (Folate)**
Folic acid is a B vitamin that can help protect your unborn baby from birth defects of the brain and spinal cord. These can occur during the first weeks of pregnancy. All women during child bearing years should receive a good source of folic acid daily.

**Good Sources of Folic Acid:** Fortified cereals, dark leafy vegetables, dried beans, liver, and citrus fruit.

**Vitamin C**
Vitamin C helps develop healthy gums, tissue, bones, and teeth. It also helps the body absorb iron to make healthy red blood cells and fight infection.

**Iron**
Iron is used by your body to make a substance in red blood cells that carries oxygen to your organs and tissues.

During pregnancy, you need extra iron: about double the amount that a nonpregnant woman needs. This extra iron helps your body make more blood to supply oxygen to your baby, and helps carry oxygen to your cells and to your baby’s cells.

**Good Sources of Iron:** Lean red meat, poultry, fish, dried beans and peas, WIC cereals, and prune juice. Iron can be absorbed more easily if iron-rich foods are eaten with vitamin C-rich foods, such as citrus fruits and tomatoes.

**Calcium**
Extra calcium is needed for bone development in your baby. The baby will take calcium from your bones and teeth if you don’t get enough in your diet.

**Good Sources of Calcium:** Low-fat dairy such as milk, yogurt, pudding, cheese, collard greens, broccoli, fortified whole grain cereals, and juices.
Choose MyPlate for Pregnant, Breastfeeding, and Nonbreastfeeding Women

**Weight Gain During Pregnancy**
- Gain weight gradually during pregnancy.
- Total amount of weight you should gain during your pregnancy depends on what you weighed before you got pregnant.
- A woman at a healthy weight before pregnancy should gain 25 to 35 pounds during pregnancy.
  - 2 to 4 pounds in your first three months.
  - 3 to 4 pounds per month in your fourth through ninth month.
- The advice is different for an underweight or overweight woman. Ask your doctor or health care provider what is the right weight gain for you.

**Ways to Control Your Weight – During or After Pregnancy**
Eat fewer “extras.” Extras are the foods that are high in fat or sugar.
Examples of these include:
- Soft Drinks
- Candies and Desserts
- Fried or Fast Foods
- Sausage or Bacon

Walking or swimming for 30 minutes per day is a good way to burn extra calories. Be sure to check with your doctor before doing any physical activity.

**Food Safety During Pregnancy and Breastfeeding**
Protect you and your baby’s health by practicing safe food handling. There are many health risks to not preparing foods properly. See the chart for details on common risks.

<table>
<thead>
<tr>
<th>Health Risk</th>
<th>Where is it?</th>
<th>How to prevent it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listeria: Bacteria</td>
<td>Raw meat, unpasteurized milk and milk</td>
<td>• Heat deli meats until steaming hot.</td>
</tr>
<tr>
<td></td>
<td>products, deli meats, hot dogs, and soft</td>
<td>• Make sure the label states “Made with pasteurized milk.”</td>
</tr>
<tr>
<td></td>
<td>cheeses.</td>
<td>• Refrigerate leftovers within 2 hours in shallow covered containers and use within 3-4 days.</td>
</tr>
<tr>
<td>Toxoplasma: Parasite</td>
<td>Uncooked meats, unwashed fruits and</td>
<td>• Wash your hands after touching soil, sand, raw meat, unwashed fruits or vegetables.</td>
</tr>
<tr>
<td></td>
<td>vegetables, and in small animal feces.</td>
<td>• Wash and peel all fruits and vegetables before eating.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Have someone else clean the animal litter box or cage, or wear gloves if you clean it.</td>
</tr>
<tr>
<td>Mercury: Toxic metal</td>
<td>Fish</td>
<td>• Do not eat shark, swordfish, king mackerel, or tile fish.</td>
</tr>
<tr>
<td></td>
<td>that can be harmful to your pregnancy or</td>
<td>• Limit albacore “white” tuna to 6 ounces per week.</td>
</tr>
<tr>
<td></td>
<td>baby.</td>
<td>• Eat up to 12 ounces of shrimp, canned light tuna, salmon, pollock, or catfish per week instead.</td>
</tr>
</tbody>
</table>

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Missouri Department of Health and Senior Services   WIC and Nutrition Services   800-392-8209

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