

Energy/calorie needs for women during pregnancy



During pregnancy, it's important for both mom and baby to get enough energy, which means calories, for healthy growth and development. Here are some general tips for how many extra calories are needed during each trimester:

- First trimester: You don't need any extra calories compared to before pregnancy.
- Second trimester: You'll need about 340 more calories per day.
- Third trimester: You'll need around 450 more calories per day.

Healthy snacks around 40 calories

- 1 ½ cups sugar snap peas
- 1 individual serving of sugar-free gelatin with 3 tablespoons of light whipped topping
- 1-ounce serving of kale chips
- ¼ cup red bell pepper



Healthy snacks around 50 calories

- One cup of kettle popcorn
- One whole apple
- One cup of watermelon
- One light cheese triangle, light Babybel or ¼ light mozzarella ball (30g)
- 3 oz. of 0% fat Greek-style yogurt with 10 blueberries
- One kiwi fruit
- ½ cup of blueberries



Healthy snacks under 100 calories

- One 7-or 8-inch banana
- 20 peanuts
- 3 cups of low-fat popcorn
- ½ cup low-fat ice cream
- One large scrambled egg cooked with oil
- 2 ounces of baked chicken breast with no skin



Revive, relax and enjoy healthy snacks!

You can meet your extra calorie needs by having these snacks every day along with your regular, balanced meals.

Source: <https://www.eatright.org/health/pregnancy/prenatal-nutrition/healthy-weight-during-pregnancy>



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