

1 to 3 month pregnancy diet chart

In addition to supplements prescribed by your healthcare provider, future moms should include essential nutrients like folic acid, iron, and calcium in their diet. Our 1 to 3 month pregnancy diet chart will guide you through the essential nutrients for this stage of pregnancy and those that can help mitigate risks such as certain birth defects, low birth weight, and maternal health issues.

First-month pregnancy food chart

Nutrient	Source	Advantage	Recommended intake
Folic acid	Leafy vegetables, legumes, fortified cereals.	Fetal development requires folate to make healthy new cells and DNA as key cell-building blocks. Folate also helps to form normal red blood cells and amino acids. The CDC recommends starting folic acid supplements one month before becoming pregnant and continuing for the first three months of pregnancy.	400–800 micrograms per day.
Iron	Lean meats, spinach, beans.	Pregnant women require more iron and folic acid to meet both their and their baby's nutritional needs. Lack of iron during pregnancy may have potential negative impacts on the mother's health, causing pregnancy complications and fetal development.	1,040mg per day.

Calcium	Dairy products, fortified plant milks, leafy greens.	Calcium is essential for the healthy development of a baby's bones and teeth. It also boosts muscle, heart, and nerve development.	800mg per day.
Protein	Lean meats, eggs, dairy, legumes.	Additional protein is essential for a healthy pregnancy, as the expansion of blood volume and growth of the maternal tissues require more protein.	A minimum of 60g of protein per day, accounting for about 20–25% of the calorie intake.
Omega-3	Fatty fish, flaxseeds, walnuts.	Adequate consumption of omega-3 fatty acids is vital for a baby's brain and retina development. Omega-3 fatty acids may also be helpful in determining the length of gestation and preventing postpartum depression.	650mg per day.

Second-month pregnancy food chart

Nutrient	Source	Advantage	Recommended intake
Vitamin D	Fortified dairy products, fatty fish, egg yolks, sunlight exposure.	Vitamin D is crucial for the absorption of calcium and phosphorus, supporting the baby's bone development. It also boosts the mother's immune system and mood.	600 international units (IU) per day.

Fiber	Whole grains, fruits, vegetables, legumes.	Fiber helps maintain a healthy digestive system and prevent constipation, which may occur during pregnancy. It also helps control blood sugar levels.	25–30g per day.
Vitamin E	Sunflower seeds, raw almonds.	Vitamin E, when combined with vitamin C, can help reduce the risks of miscarriage and preeclampsia—high blood pressure that may occur in some pregnant women.	22–30mg per day.

Third-month pregnancy food chart

Nutrient	Source	Advantage	Recommended intake
Folic acid	Leafy greens (spinach, kale), fortified cereals, beans, citrus fruits.	Supports healthy neural tube development, and reduces the risk of birth defects.	400–800 mcg daily.
Iron	Lean meats (chicken, beef), lentils, spinach, fortified cereals.	Prevents anemia, supports increased blood volume during pregnancy, enhances oxygen transport.	27 mg daily.
Vitamin D	Fatty fish (salmon, mackerel), fortified milk, eggs, sunlight.	Helps absorb calcium, promotes immune system health.	600 IU daily.

Calcium	Dairy products (milk, yogurt), fortified plant-based milks, leafy greens, almonds.	Supports the development of the baby's bones and teeth, maintains maternal bone health.	1,000 mg daily (1,300 mg for teens).
Protein	Lean meats, poultry, eggs, tofu, legumes, nuts.	Aids in tissue growth, hormone production, and muscle development for both mom and baby.	70–100 g daily (depending on activity level).
Omega-3 fatty acids	Fatty fish (salmon, sardines), flaxseeds, walnuts.	Supports brain and eye development in the baby, reduces inflammation.	200–300 mg of DHA (docosahexaenoic acid) daily.
Vitamin C	Citrus fruits (oranges, strawberries), bell peppers, broccoli.	Boosts immune system, aids iron absorption, promotes healthy skin and tissue development.	85 mg daily.
Magnesium	Leafy greens, nuts (almonds), seeds, whole grains.	Reduces leg cramps, supports the development of healthy muscles and nerves.	350–400 mg daily.
Vitamin B12	Animal products (eggs, dairy, meat), fortified cereals.	Supports red blood cell production, essential for brain development.	2.6 mcg daily.
Zinc	Meat, shellfish, beans, nuts, seeds.	Supports immune system function, promotes fetal growth and development.	11 mg daily.

Foods to avoid during the first trimester

During the first trimester, it's crucial to maintain a balanced and safe diet, focusing on nutrient-dense foods and avoiding those that could pose risks to your developing baby. Aside from foods on the list, it is best to consult a doctor to verify what products are not recommended in your case. Here is a general list of products to avoid during pregnancy:

Nutrient	Source
Foods high in mercury	Fish like swordfish, shark, king mackerel, and tilefish could be harmful to your baby's growing nervous system. That's why it is best to opt for low-mercury fish like salmon, catfish, shrimp, and canned light tuna.
Raw or undercooked seafood	Sushi, sashimi, ceviche, and raw oysters can contain harmful bacteria and parasites that can lead to infections like listeriosis and toxoplasmosis.
Undercooked or raw meat and poultry	Rare steaks, undercooked hamburgers, and pink poultry may harbor bacteria like E. coli, Salmonella, and Listeria, so it is best to avoid both raw and undercooked meat.
Alcohol	According to the American College of Obstetricians and Gynecologists (ACOG), there is no known safe amount of alcohol to consume during pregnancy. This includes any amount or type of alcohol and applies to every stage of pregnancy, even before a woman knows she is pregnant.
Excessive vitamin A	Vitamin A is crucial for a mother's health, but consuming an excessive amount through multivitamins or supplements may lead to birth defects.