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Nutritious snack ideas for pregnancy

During your 2nd and 3rd trimesters, you may need about an extra 300 calories per day for the healthy development of your baby*. Your need for iron, folate and protein also increases. Here are some snack ideas, around 150 calories each, that will help get these calories and nutrients into your healthy diet.

1 small apple (sliced) topped with 1 tbsp peanut butter (165 cal.)



This snack helps you and your baby get the fiber you need. Fiber can keep your digestive system running smoothly, which can become sluggish during pregnancy.

1 slice whole wheat cinnamon-raisin swirl bread spread with 2 tsp light cream cheese. Top or serve with 3/4 cup strawberries. (154 cal.)

Strawberries provide vitamin C, which promotes the absorption of iron when consumed with a food containing iron. This helps prevent iron deficiency in your body and also builds up your baby's iron stores to ensure she has what she needs for her first few months.



6 oz low-fat peach yogurt mixed with 1 clementine, peeled and separated into sections (164 cal.)



This provides calcium from yogurt, which is required to promote healthy bone growth in your baby while maintaining the health of your bones too.



1/4 cup guacamole spread on 1/4 of a whole grain pita bread round and topped with 1/4 cup chopped tomato (150 cal.)

Avocado and whole grains have folate, which plays an essential role in making new body cells.

1 tbsp light sour cream dip spread on 1/2 cup cucumber slices and topped with 2 oz baked or grilled salmon (144 cal.)



This snack is an excellent source of protein. Protein is the building block of your baby's cells and helps support your increased blood volume.

Grocery list

PRODUCE

- apple
- clementine
- cucumber
- strawberries
- tomato

MEAT

- salmon

GRAINS

- whole wheat cinnamon-raisin swirl bread
- whole grain pita bread rounds

DAIRY

- low-fat peach yogurt
- light cream cheese
- light sour cream dip

MISC.

- peanut butter
- guacamole

* An estimated average calorie need for a nonpregnant woman is around 2,200 calories per day. Talk with your doctor about the diet that's right for you during your pregnancy.