

Healthy Snacking During Pregnancy

Snacks are a great way to provide energy between major meals as well as promote healthful eating. Combining a quick-energy food with a long-lasting energy food makes for an ultimate snack that will satisfy hunger right away as well as in the long run.

Remember: Most pregnant women only need an extra 300-500 calories per day during their second and third trimesters, which is about 2 snacks per day, in addition to 3 regular meals.

This does **not** mean you are “eating for two”!

What Snack Will I Create?

Nausea and “morning sickness” can often be a result of low blood sugar, as baby tends to “steal” the nutrition from mom first. Pairing sources of “quick” and “long-lasting” energies for a balanced snack or mini-meal can help to bring your blood sugar up to a comfortable level and keep it there!

Use the table on the next page to pair items from column one with items from column two to create an energizing snack that is healthy and satisfying.

Protein & Dietary Fats = “long-lasting” energy	Carbohydrates = “quick” energy
<ol style="list-style-type: none"> 1. Nut Butter (Almond, Peanut, Sunflower, Cashew) 2. Nuts (Almonds, Cashews, Pistacchios, Walnuts, Pecans, Macademia) 3. Cheese (Slices, String Cheese) 4. Cottage Cheese 5. Yogurt 6. Milk 7. Lean Turkey 8. Grilled Chicken 9. Eggs (Hard-Boiled, Scrambled, Fried) 10. Seeds (Pumpkin, Sunflower, Chia) 11. Beans (Black, Garbanzo, Navy, Pinto) 12. Hummus 13. Dressing (Ranch, Buttermilk, Thousand Island) 14. Guacamole/Avocado 15. Mayonnaise 	<ol style="list-style-type: none"> 1. Fresh Veggies (Celery, Carrots, Cucumber, Tomato, Snap Peas, Peppers) 2. Fruit (Apples, Banana, Oranges, Grapes, Strawberries, Blueberries, Cherries) 3. Whole Grain Toast 4. Whole Grain Tortilla 5. Popcorn 6. Pretzels 7. Veggie Chips 8. Crackers 9. Dried Fruit (Raisins, Cranberries, Mangos, Pineapple) 10. Chocolate 11. Oatmeal 12. Quinoa/Rice 13. Granola 14. Sweet Potato/White Potato

Sample Ideas:

1. Top yogurt/cottage cheese with mixed berries
2. Spread nut butter on a banana, apple, or celery sticks & top with raisins or nuts
3. Dip fresh veggies in ranch, guacamole, or hummus
4. Create a trail mix combining nuts, seeds, dried fruit, chocolate, & popcorn
5. Bake a potato and top it with melted cheese
6. Make a quesadilla with cheese, black beans and a whole grain tortilla
7. Create a skewer with cheese cubes, & grapes, pineapple, or strawberries
8. Toast a slice of whole grain bread and top it with a fried egg & fresh avocado
9. Combine milk & frozen berries to create a smoothie
10. Make a wrap by rolling grilled chicken, cucumber, & mayo in a whole grain tortilla

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