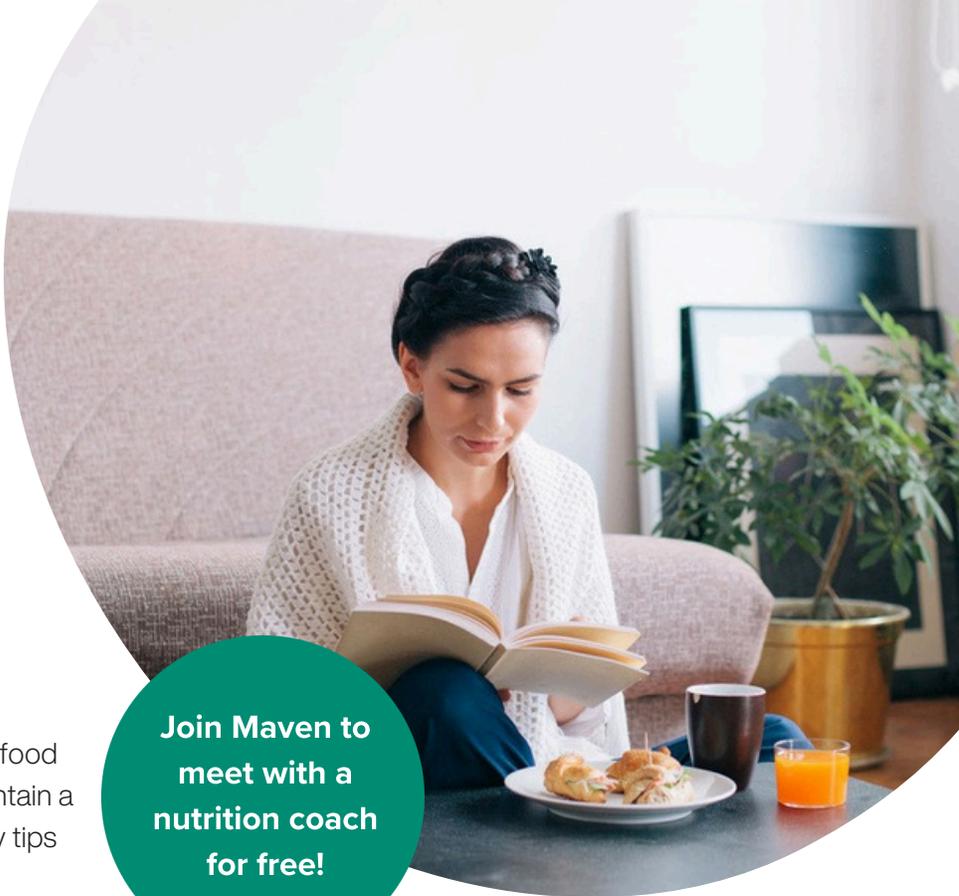


Healthy eating during pregnancy

Getting the right foods during pregnancy can sometimes feel impossible. Between cravings, food aversions, and nausea, it can be difficult to maintain a healthy well-balanced diet. Here are a few easy tips for good nutrition during your pregnancy:



Join Maven to meet with a nutrition coach for free!

01 Be mindful of portion size.

The saying “you’re eating for two” isn’t exactly accurate. While you do need to increase your calorie intake, it varies by trimester and your current weight. Your doctor or a Maven provider can advise how many calories you should be targeting each trimester.

The important thing to keep in mind is where the calories come from. Try to make your plate look like this: ½ veggies, ¼ protein, and ¼ complex carbohydrate or fruit.

02 Prenatal vitamins are essential.

We know it can be difficult to eat a well-balanced diet every day. Taking a prenatal vitamin will help cover your basis for any nutrients you may miss in your meals. These vitamins are especially important in your first trimester and during pre-conception to ensure you have enough folic acid in your diet.

03 Eat a variety of food.

Having a varied diet can help ensure you are meeting your daily nutrient, vitamin, and mineral requirements. This will also help prevent you from becoming bored with your pregnancy diet:

- Seasonal fruit and vegetables
- Different types of grains
- Meet your seafood quota (8-12 ounces/week)
- Choose fish low in mercury and high in omega-3 fatty acids like salmon and sardines

04 Book an appointment with a Maven nutrition coach.

Through Maven, you have unlimited free access to virtual appointments with nutrition. They can help tailor a customized eating plan to your specific goals and needs. They’ll also answer any question you may have about healthy eating during preconception, fertility treatments, pregnancy, postpartum, and beyond.

The best part? Your access to Maven is fully covered by your employer or health plan. Scan the QR code or [click here](#) to join Maven today!

