

Eating during pregnancy - recommended servings per day

The foods you eat before and during pregnancy help nourish you and your baby. This table shows the recommended servings per day during pregnancy, and some examples of servings, based on *Canada's Food Guide*.

Recommended servings per day	Examples of 1 serving	Make each serving count
Vegetables and Fruit		
Age: 14–18 years 7 servings	fresh, frozen and canned vegetables 125 ml (½ cup) fresh, frozen or canned fruit 125 ml (½ cup)	eat at least 1 dark green and 1 orange vegetable choose vegetables and fruit prepared with little or no added fat, sugar or salt
Age: 19–50 years 7–8 servings	leafy raw vegetables or salad 250 ml (1 cup)	no more than 125 ml (½ cup) of 100% juice
Grain Products		
Age: 14–18 years 6 servings	bread 1 slice (35 g) rice or pasta 125 ml (½ cup) bannock 6 cm x 6 cm x 2 cm (2 ½ inches x 2 ½ inches x ¾ inch)	choose whole grains at least half of the time choose grains that are lower in fat, sugar or salt
Age: 19–50 years 6–7 servings	pita or tortilla wrap ½ small (35 g) hot cereal 175 ml (¾ cup) cold flaked cereal 30 g, 250 ml (1 cup)	
Milk and Alternatives		
Age: 14–18 years 3–4 servings	milk or fortified soy beverage 250 ml (1 cup)	drink skim, 1%, or 2% milk or fortified soy beverage
Age: 19–50 years 2 servings	cheese 50 g (1 ½ oz) yogurt or kefir 175 g (¾ cup)	
Meat and Alternatives		
Age: 14–18 years 2 servings	cooked fish, shellfish, poultry, lean meat, wild meat 75 g (2 ½ oz) or 125 ml (½ cup) 2 eggs	have meat alternatives such as beans, lentils and tofu more often eat at least 2 servings of fish every week choose lean meat and alternatives prepared with little or no added fat or salt
Age: 19–50 years 2 servings	cooked legumes, such as beans or lentils 175 ml (¾ cup) tofu 175 ml (¾ cup) peanut or nut butters 30 ml (2 Tbsp) shelled nuts and seeds 60 ml (¼ cup)	