

## Healthy Meal Planning for a Multiple Pregnancy

### Energy From Food

For twin pregnancy, most women need at least 2,700 calories each day. Another 300 calories should be added for each additional baby that you are carrying. The types of calories you eat matter. It is best to avoid empty calorie foods and instead eat healthy snacks, such as nuts, cheese, and fresh fruit.

### Carbohydrates

These should be your main energy source and make up 35 to 40% of your daily calories. These are found in sugars and starches. Good sources of carbohydrates are cereals, wheat breads, pasta, rice, beans, vegetables, fruit, and juices.

### Fats

Fats help carry vitamins A, D, E and K as well as other nutrients into your body. Your body will store the fat to help meet your energy needs during pregnancy and while you are breastfeeding. Fats should make up about 40% of your daily calories. Fats are found in butter, oils, cream, cheese, nuts, and bacon.

### Protein

Proteins are very important to the growth and development of your babies because they help build new muscle and body tissues. Protein should make up about 15 to 20% of your daily calories. Good sources of protein are lean meats, fish, eggs, tofu, oats, cottage cheese, dried beans, and nuts.

### Fiber

Fiber is in fruits, vegetables, and grains. It helps with digestion and prevents constipation. Eating fresh fruits, vegetables, and whole grains as much as possible helps ensure you get enough fiber in your diet.

### Food & Nutrient Tables

Use this chart to help make healthy choices for you and your babies.

Food Group	Servings Per Day		Examples		
	Twins	Triplets			
<b>Bread, Cereal, Rice, Pasta</b>	8	9	<ul style="list-style-type: none"> <li>• 1 slice of whole grain bread</li> <li>• 1 muffin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 biscuit</li> <li>• ½ cup cooked or bran cereal</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup cooked rice or pasta</li> <li>• 6 saltine crackers</li> </ul>
<b>Fats</b>	3-4	4-5	<ul style="list-style-type: none"> <li>• 1 teaspoon butter</li> <li>• 2 Tablespoons sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• 1 teaspoon mayonnaise</li> <li>• 1 Tablespoon cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice of bacon</li> <li>• 2 teaspoons salad dressing</li> </ul>
<b>Vegetables</b>	3-5 (1 serving = 1 cup raw vegetables or ½ cup cooked vegetables)	5	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach</li> <li>• Lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato</li> <li>• Green Beans</li> </ul>
<b>Fruits</b>	3-4+	4+	<ul style="list-style-type: none"> <li>• 1 apple</li> <li>• 1 cup grapes</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small banana</li> <li>• ¾ cup blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup strawberries</li> <li>• ½ cup cantaloupe</li> </ul>
<b>Milk, Yogurt, Cheese</b>	4 (1 serving = 1 cup of fluid milk)	5	<ul style="list-style-type: none"> <li>• 1 cup milk or buttermilk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup pudding</li> <li>• 8 ounce milkshake</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ounce hard cheese</li> <li>• 1 cup yogurt</li> </ul>
<b>Meat, Poultry, Fish, Dry Beans, Nuts</b>	9	11	<ul style="list-style-type: none"> <li>• 1 ounce of any lean meat (fully cooked)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ounce hard cheese</li> <li>• ¼ cup cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 3 ounces tofu</li> </ul>