

# Sources of Protein During Pregnancy

Your goal is to have 75 to 100 grams of protein each day. Try to get this from:

- lean meats and fish (low in mercury)
- fat-free or low-fat milk
- eggs
- cheese
- nuts and seeds
- natural nut butters: peanut, almond, sunflower, soy
- beans and legumes: navy, kidney and black beans; lentils
- soy.

Try to get most of your calories early in the day. As your baby or babies grow, you may not tolerate too many calories late in the evening. Be sure to read all food labels carefully.

## Sources of Protein

Each of the following has 7 grams of protein.

- 1 cup (8 ounces) milk: fat-free milk has 90 calories, 1 percent has 100 calories, 2 percent has 125 calories, whole milk has 150 calories
- 1 egg
- 1 cup cream soup
- ¼ cup cottage cheese
- 1 cup pudding made with fat-free milk
- 1 medium lean meatball
- ¼ cup chopped or canned meat (chicken or lean ground beef)

- 1 slice low-fat cheese
- 2 tablespoons natural nut butter: peanut, almond, sunflower, soy
- ¾ cup low-fat yogurt
- ½ cup beans
- 1 ounce lean meat

Each of the following has 12 to 14 grams of protein.

- 1 cup meat- or bean-based casserole
- 1 chicken leg or thigh
- 1 cup macaroni and cheese made with fat-free milk
- 1 slice lean meatloaf (slightly smaller than a deck of cards)
- 1 packet Carnation Breakfast Essentials® mixed with 8 ounces fat-free milk

## What Else You Can Eat

- 1 bottle of ready-to-drink Carnation Breakfast Essentials®. This has 220 calories and 13 grams of protein.
- 1 smoothie: The recipe below has 425 calories and 22 grams of protein. Blend:
  - 1 cup fat-free milk
  - 1 package Carnation Breakfast Essentials®
  - 1 medium piece of fruit
  - ½ cup juice
  - ¼ cup egg substitute