



Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

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Protein Rich Foods

Proteins are composed of amino acids, which are the building blocks of human cells and are extremely important for a developing fetus.

Protein foods, such as meat, fish and dried beans are crucial for your baby's growth. Choose 3–4 servings per day which should add up to 60 to 75 grams of protein per day.

One serving equals 2–3 ounces of lean meat, poultry or fish, or one egg. If you are a vegetarian, be sure to eat eggs, tofu and other soy products, dried beans and nuts, as well as a wide variety of grains every day.

Adequate protein intake (defined as 75 grams a day or more) can protect you against problems such as pre-eclampsia and other disorders. It also ensures a great start for your baby. Below is a list of protein-rich foods. Try to have three to four servings of them per day.

- 24 ounces fat-free or low-fat milk or 16 ounces skim milk
- 1 $\frac{3}{4}$ cups low-fat yogurt
- 5 large egg whites or 2 large whole eggs with 2 egg whites
- 3 $\frac{1}{2}$ ounces canned tuna packed in water – not more than 2-3 servings /week
- 3 $\frac{1}{2}$ ounces fish or shrimp (see allowed fish)- not more than 2-3 / week
- 3 ounces lean beef, veal, lamb, or pork (4 ounces if the cuts are not lean)
- 5-6 ounces of tofu
- $\frac{3}{4}$ cup low-fat cottage cheese
- $\frac{1}{2}$ cup of grated parmesan cheese
- 3 ounces chicken or turkey