



FIRST TRIMESTER

Simple food swaps to nourish your body before and during pregnancy

Simple, smart food changes to support your body before and during pregnancy. Less overwhelm, more nourishment, one swap at a time.

A free guide from maternity.app

Small swaps can make a big difference in how you feel during pregnancy. Use this guide to stock your kitchen with foods that nourish you and your growing baby.

Start with these easy pantry upgrades

- **Whole grains.** Choose brown rice, quinoa, or whole wheat pasta instead of refined versions for more fiber and nutrients.
- **Healthy fats.** Replace butter with avocado oil for cooking or olive oil for dressings.
- **Natural sweeteners.** Swap sugary snacks for fresh fruit or dark chocolate (70% cacao or higher).

Checklist for your next grocery run

- ☐ Pick Greek yogurt instead of flavored yogurt for more protein and less sugar
- ☐ Choose nut butters with just nuts and salt (no added oils or sugars)
- ☐ Grab frozen veggies for quick nutrient-packed sides
- ☐ Select whole grain bread with at least 3g fiber per slice
- ☐ Try roasted chickpeas or nuts instead of chips for crunch
- ☐ Pick low-mercury canned fish like salmon or sardines for omega-3s
- ☐ Add chia or flaxseeds to oatmeal or smoothies for fiber

When cravings hit

You don't need to fight every craving, but these alternatives can help balance nutrition with satisfaction.

- **Sweet tooth?** Blend frozen bananas for "nice cream" or dip apple slices in almond butter.
- **Salty cravings?** Try kale chips or air-popped popcorn with nutritional yeast.
- **Need comfort food?** Make veggie-loaded lentil soup or sweet potato fries.

PRENATAL NUTRITION MADE SIMPLE

You don't need a perfect diet to grow a healthy baby. Focus on adding nourishing foods rather than restricting yourself. Any swap is progress.

Every small change adds up. Keep this list handy and celebrate each nourishing choice you make.