

Diet During Pregnancy · Appropriate Amounts of Staple Foods and Eating Tips

A baby grows through the nutrients that the mother takes in. The baby's main source of nutrition is the mother's **glucose**, so the mother needs to take in enough nutrients centered on carbohydrates. This leaflet mainly explains the appropriate amount of staple foods and ways of eating them with some ingenuity. Since balance in meals is important, please receive detailed explanations about meals including side dishes from a nutritionist.

◆ Daily Required Calorie Intake

The amount of calories needed during pregnancy is determined by your height, pre-pregnancy weight, and current week of pregnancy.

Please check the chart below for the calories you need per day.

Height · pre-pregnancy weight	First Trimester (up to 13 weeks)	Second Trimester (14 to 27 weeks)	Third Trimester (28 weeks and after)
150cm · 56Kg or less	1500 calories	1700 calories	1900 calories
155cm · 60Kg or less	1600 calories	1800 calories	2000 calories
160cm · 64Kg or less	1700 calories	1900 calories	2100 calories
165cm · 68Kg or less	1800 calories	2000 calories	2200 calories

If BMI is below 25, your daily calorie intake is calculated as: Height (m) x Height (m) x 22 x 30 Kcal + 50Kcal (first trimester), 250Kcal (second trimester), 450 Kcal (third trimester)

If your BMI is 25 or higher, do not add any additional calories based on the stage of pregnancy.
(From the Japanese Clinical Practice Guideline for Diabetes 2019)

Caution! If your pre-pregnancy weight is higher than the weight written in the table above,  Let's start with the calorie intake for **the early stage** regardless of the week of pregnancy!

The table above shows a reference amount, and it is adjusted according to your body build before pregnancy, the way your weight increases during pregnancy, and the baby's growth condition.

◆ Amount of Staple Foods

Staple goods such as rice, bread, and noodles contain a large amount of carbohydrates (sugars). During pregnancy, **at least 50% of daily calorie intake needs to come from carbohydrates.**

Please refer to the table below for the approximate amount of rice or bread per meal.

Daily calorie intake	Amount of cooked rice per meal	Number of slices of 6-sliced loaf bread per meal
In the case of 1600 calories per day	150g	1.5 slices
In the case of 1800 calories per day	180g	1.5~2 slices
In the case of 2000 calories per day	200g	2 slices
In the case of 2200 calories per day	230g	2~2.5 slices

The baby grows with nutrients from the mother (mainly glucose)!



When slightly less than 50% of daily calorie intake is taken from staple foods, 50g of cooked rice is 80Kcal, and 0.5 slice of 6-slice loaf bread is 80kcal. (From the Food Exchange Table for Dietary Therapy of Diabetes, 7th Edition).

◆ Eating Tips

During pregnancy, it is necessary to take in enough nutrients centered on carbohydrates (sugars).

However, carbohydrates greatly affect the rise in the blood sugar levels after meals.

Ways of eating that make it harder for blood sugar to rise after meals

① Eat three meals a day regularly.

② Eat in the order of side dish ⇒ main dish ⇒ staple food.



Vegetables and mushrooms rich in dietary fiber



Meat, fish, soybeans, and egg dishes rich in protein



Rice, bread, and other foods rich in carbohydrates

③ Even so, if blood sugar level after meals is high, eat in divided portions, mainly by splitting the staple foods (carbohydrates). (Refer to 『分割食はなぜよいの?』)

The desirable blood sugar level guideline is less than 140mg/dl one hour after meals or less than 120mg/dl two hours after meals. (Diabetes Treatment Guide 2022-23)

Example of split eating

In case of 2000 calories per day
200g of rice per meal



Try to measure the amount of rice as much as possible!

Meal times (morning · noon · evening)

Rice 150g (1 medium bowl)

Alternatively, you may choose one of the following:

6-slice loaf bread 1.5 slices
Dried noodles (udon, soba, spaghetti) about 80g

Snacks (morning · afternoon · before bed)

Rice 50g (half of a convenience store rice ball)

Alternatively, you may choose one of the following:

6-slice loaf bread 0.5 slice
Dried noodles (udon, soba, spaghetti) 25g
Baked sweet potato half (50g)
Yogurt (around 20g sugar)
1 mandarin orange, 1 banana, or half an apple

◆ Amount of side dishes and others



- Each meal
 - Dishes using meat, fish, eggs, or soybeans Two of any of these
 - Vegetables A double handful if raw, a single handful if cooked
- Per day
 - Fruits An appropriate amount
 - Dairy products About 300ml