

Active Pregnancy Fueling Checklist

Daily Fueling Foundations

- Eat every 2 - 4 hours (aim for 3 meals + 2-3 snacks)
- Include a protein source at each meal and snack
- Prioritize high fiber carbs at meals
- Include healthy fats to support baby's needs + satiety + hormones
- Add colour: ½ plate of fruits and/or veggies at most meals
- Include iron rich and calcium-rich foods daily
- Take prenatal vitamin

Hydration + Electrolytes

- Sip on fluids consistently throughout the day - don't wait for thirst
- Hydrate throughout the day (start with ~2-3L/day; adjust with training, heat, sweat loss)
- Add electrolytes during longer workouts, heat, or nausea/vomiting
- Keep water accessible at all times
- When drinking enough feels difficult, focus on other fluids such as herbal tea, sparkling water, yogurt, soups, stews, frozen yogurt or ice cream, or jello.

Training Day Extras

- Pre-workout fuel (easy-to-digest carbs 30-60 minutes before)
- During your workout - fuel for sessions >60 minutes (30-60 grams carbs/ hour of exercise + 300-900ml of fluids, as tolerated)
- Post-workout recovery within ~60 mins (30g protein + 1.2 g/kg carbs + fluids)

Nutrients of Focus



Folate



Iron
+ vitamin C



Calcium
+ vitamin D



Choline



Omega-3s

Quick Self-Check

- Ate regularly
- Fueled before & after movement
- Stayed hydrated
- Enjoyed a variety of colourful fruits and vegetables
- Chose nourishing snacks (most of the time)
- Listened to my body: hunger, fullness, need for rest

Important Reminder: Pregnancy needs change - fueling ENOUGH matters more than fueling perfectly.