

Table 6. ENERGY NEEDS FOR PREGNANCY BASED ON GESTATIONAL AGE ¹,
revised 2005

GESTATIONAL AGE (WEEKS)	TOTAL KCAL PER DAY
0 - 12	BEE x AF
13 - 40	(BEE x AF) + 300

To calculate the BEE and AF, refer to Table 5. Some women, especially those who are sedentary an/or live in developed countries may not need the additional 300 kcal/day*

* Position of the American Dietetic Association: Nutrition and lifestyle for a healthy pregnancy outcome. J Am Diet Assoc. 2002; 102 (10): 1479-1490.

REFERENCES

1. Neuhouser MLS. Nutrition during pregnancy and lactation. In: Mahan LK, Escott-Stump S, eds. Krause's food, nutrition and diet therapy. 9th ed. Philadelphia, PA: WB Saunders, 1996: 181-212.