



Energy and Protein Intake during pregnancy

Don't know how to achieve your daily energy and protein requirements? We show you how!



During pregnancy, more energy is required for the baby's growth and the mother's heightened bodily processes including the placenta and tissues.



Energy



Protein

Pregnant mothers need more protein for baby's optimal growth and development.

Additional requirement

Energy

Protein

What You Can Eat

1st Trimester

+80 kcal /day

+0.5 g /day



12 almonds
(83kcal; 3g protein)

OR



1 large egg
(78kcal; 6g protein)

OR



1 serving of ESP Soy Protein
(105kcal; 14g protein)

2nd Trimester

+280 kcal /day

+8 g /day



Scrambled Egg Sandwich
(290kcal; 15g protein)

OR



Avocado Toast with Sunflower Seeds
(300kcal; 10g protein)

OR



Banana Oat Protein Smoothie
(290kcal; 14g protein)

Ingredients:
• 2 eggs
• 1 slice of whole meal bread
• 1 teaspoon of olive oil

Ingredients:
• ½ medium avocado
• 2 slices of whole meal bread
• 1 tablespoon of sunflower seeds

Ingredients:
• 1 medium banana
• 2 tablespoons of instant oat
• 3 tablespoons of ESP Soy Protein

3rd Trimester

+470 kcal /day

+25 g /day



Baked Pomfret (ikan bawal) with Roasted Potato and Carrot
(540kcal; 30g protein)

OR



Grilled Chicken with Spinach and Brown Rice + 1 serving of ESP Soy Protein
(480kcal; 50g protein)

OR



Vegan Tofu Bolognese + 1 serving of ESP Soy Protein
(480kcal; 34g of protein)

Ingredients:
• 1 medium pomfret
• 1 small potato
• 1 medium carrot
• 1 tablespoon of olive oil

Ingredients:
• 100g of chicken breast
• 100g of spinach
• 2 teaspoons of olive oil
• 1/2 cup of brown rice, cooked
• 3 tablespoons of ESP Soy Protein

Ingredients:
• 100g of wholegrain pasta, cooked
• 100g of firm tofu
• 2 teaspoons of olive oil
• Bolognese sauce
• 1/2 onion
• 3 tablespoons of ESP Soy Protein

Source: Recommended Nutrient Intake (2017) by Ministry of Health Malaysia