

— JOLIE

A CLIENT NUTRITION GUIDE

Nourishing Your Third Trimester

A lower-carb, blood-sugar-friendly food guide for the final stretch of pregnancy — the key nutrients to prioritize, smarter carbohydrate choices, and a sample day of eating that keeps energy steady.

Vegetarian

Pescatarian

Omnivore

THE ESSENTIALS

Key Nutrients to Prioritize

Your baby does the majority of their growing in the third trimester — but that growth leans more on protein, healthy fats, and key vitamins than on extra carbohydrate. It's also normal for the body to become more insulin-resistant in these final weeks, which is why going a little lighter on carbs helps many clients feel steadier. Sources below start with vegetarian staples, with easy fish and meat swaps noted for pescatarian and omnivore clients.

Protein

~75–90g / day

Why it matters: Fuels your baby's growth and helps you stay full and steady without leaning on extra carbs.

Reach for: Eggs, Greek yogurt, cottage cheese, tofu, tempeh, edamame, nut butters, a measured portion of lentils or beans.

+ Pescatarian/Omnivore: salmon, shrimp, tilapia; chicken, turkey, lean beef.

Fiber

25–30g / day

Why it matters: Slows how quickly carbohydrate turns into blood sugar, so levels rise and fall more gently.

Reach for: Chia & flax seed, non-starchy vegetables, berries, nuts, a modest portion of beans or whole grains.

All diets: fiber only comes from plants, so this target is the same no matter how you eat.

Iron

~27–48mg / day

Why it matters: Builds the extra blood volume that carries oxygen to your baby; vegetarian needs run higher.

Reach for: Lentils, spinach, tofu, pumpkin seeds, fortified cereal, with vitamin C to boost absorption.

+ Pescatarian/Omnivore: sardines, shrimp; red meat & dark poultry meat absorb more easily.

Calcium

1,000mg / day

Why it matters: Builds your baby's bones and teeth, protecting your own bone stores in the process.

Reach for: Unsweetened yogurt, milk, cheese, calcium-set tofu, fortified unsweetened plant milk, almonds.

+ Pescatarian: canned salmon or sardines with bones.

DHA (Omega-3)

200–300mg / day

Why it matters: A building block for your baby's brain and eyes as growth accelerates.

Reach for: Walnuts, ground flaxseed, chia seeds, an algae-based DHA supplement (ask your provider).

+ Pescatarian/Omnivore: salmon, sardines, trout — 2–3 low-mercury servings/week is the most efficient DHA source.

Choline

450mg / day

Why it matters: Supports your baby's brain development and helps guard against neural tube issues.

Reach for: Eggs (especially yolks), soy milk, tofu, wheat germ, cruciferous veggies.

+ Pescatarian/Omnivore: salmon, shrimp; chicken.

Vitamin B12

2.6mcg / day

Why it matters: Essential for your baby's developing nervous system; only naturally found in animal foods.

Reach for: Eggs, dairy, fortified nutritional yeast, fortified plant milk, or a prenatal supplement.

+ Pescatarian/Omnivore: naturally abundant in fish, poultry & meat.

Vitamin D

600 IU / day

Why it matters: Works together with calcium to build strong bones and supports your own immune health.

Reach for: Fortified milk, egg yolks, mushrooms, sensible sun exposure, prenatal vitamin.

+ Pescatarian: salmon, sardines.

ON YOUR PLATE

Building a Steadier Plate

The goal isn't zero carbs — it's smaller, smarter portions paired with protein, fat, or fiber so blood sugar rises gently instead of spiking. Vegetables can be piled on freely; grains, starchy vegetables, and fruit are best measured. Pick the protein categories that fit how you eat.

NON-STARCHY VEG

enjoy freely

- Leafy greens, broccoli, cauliflower
- Zucchini, green beans, asparagus
- Peppers, mushrooms, cabbage

FISH & SEAFOOD

pescatarian & omnivore, 2–3x/wk

- Salmon, sardines, trout
- Shrimp, tilapia, cod
- Canned light tuna

SMART CARBS

small, measured

- Steel-cut oats, quinoa, farro
- Sprouted-grain bread, brown rice
- Sweet potato, winter squash

DAIRY & ALTERNATIVES

unsweetened

- Milk, plain yogurt, kefir
- Cheese (pasteurized)
- Unsweetened soy or oat milk

PROTEIN & LEGUMES

every meal

- Eggs, Greek yogurt, cottage cheese
- Tofu, tempeh, edamame
- Lentils & beans — measured portion

POULTRY & LEAN MEAT

omnivore

- Chicken breast & thigh
- Turkey
- Lean beef & pork — well-cooked

HEALTHY FATS

with every meal

- Olive & avocado oil, avocado
- Walnuts, almonds, pumpkin seeds
- Nut & seed butters

FRUIT

1 piece, always paired

- Berries, apple, pear, citrus
- Pair with nuts, yogurt, or nut butter
- Best saved for later in the day, not breakfast

Carb portion, at a glance: one serving (≈15g carbohydrate) is about ½ cup cooked quinoa/rice, one slice of bread, one small sweet potato, or ¾ cup berries. Most meals do well with 1–2 servings, paired with protein, fat, or a big pile of vegetables.

PUT IT TOGETHER

A Sample Day of Eating

MEAL	WHAT'S ON THE PLATE
Breakfast	Veggie & feta egg scramble (spinach, mushrooms, peppers) with avocado — kept light on carbs, since mornings run higher on blood sugar. Pescatarian/omnivore: stir in smoked salmon or turkey sausage if you like.
Snack	Plain Greek yogurt with chia seeds and a small handful of walnuts — all diets
Lunch	Big salad with cucumber, tomato, olive oil & lemon dressing, and ½ cup quinoa, topped with chickpeas or tofu (vegetarian) , grilled salmon or shrimp (pescatarian) , or grilled chicken breast (omnivore)
Snack	Sliced cucumber & bell pepper with hummus, or a hard-boiled egg with a few almonds — all diets
Dinner	Vegetable stir-fry (broccoli, snap peas, peppers) over a small portion of brown rice or cauliflower rice, with tofu (vegetarian) , shrimp or salmon (pescatarian) , or chicken or lean beef (omnivore)
Evening	Cottage cheese with cinnamon and a few berries — a little protein and carb together helps keep levels steady overnight (all diets)

THIRD TRIMESTER NOTES

A Few Extra Habits

Never eat carbs alone

A slice of toast or bowl of fruit hits differently paired with eggs, nut butter, or yogurt alongside it.

Go lightest at breakfast

Morning blood sugar tends to run highest in the third trimester — skip juice, cereal, and fruit first thing.

Eat on a rhythm

Three meals plus two to three snacks, roughly every 3–4 hours, keeps levels more even than long gaps or grazing.

Take a short walk after meals

Even 10–15 minutes of movement after eating helps the body put blood sugar to use.

GOOD TO KNOW

Foods to Enjoy Less Often & Safety Notes

CARBS & SWEETS TO LIMIT

- White bread, bagels & rolls
- Sugary or low-fiber cereal
- Fruit juice & dried fruit
- White rice & white pasta
- Regular soda & sweetened drinks
- Pastries, cookies & desserts
- Sweetened or flavored yogurt
- Honey, syrup & jam in large amounts

GENERAL PREGNANCY FOOD SAFETY

- Unpasteurized milk, cheese, or juice
- Soft-ripened cheeses unless labeled pasteurized
- Raw or undercooked eggs
- Raw sprouts (alfalfa, clover, radish)
- Deli salads left unrefrigerated
- Alcohol
- Caffeine — keep under 200mg/day
- Highly processed, ultra-refined snacks

FOR PESCATARIAN & OMNIVORE CLIENTS

Fish: stick to 2–3 servings (about 8–12oz) a week of low-mercury choices — salmon, shrimp, tilapia, cod, sardines, canned light tuna. Avoid shark, swordfish, king mackerel, and tilefish, and skip raw fish (sushi, sashimi, oysters) and refrigerated smoked seafood. **Meat & poultry:** cook thoroughly, heat deli meats and hot dogs until steaming, and skip unpasteurized patés and meat spreads.

This guide offers general, blood-sugar-friendly eating ideas for vegetarian, pescatarian, and omnivore clients, and is not a substitute for medical advice or a personalized diabetes meal plan. If you've been diagnosed with (or are being monitored for) gestational diabetes, please work with your OB, midwife, or a registered dietitian on the carbohydrate targets that are right for you.

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