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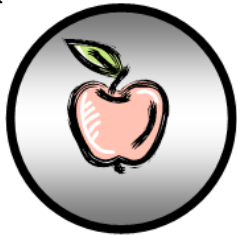
# Healthy Eating During Pregnancy

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During pregnancy, you need to consume enough calories, protein, fluids, vitamins and minerals to meet the needs for you and your baby. With a few adjustments, you can use the same healthy eating guidelines that everyone should follow. Use the “Healthy Plate” as a guide:

## Fruit

1 piece or ½ cup



Eat fruit with your meal to provide energy, vitamins, minerals, and fiber.

## Sandwich-type meal

2 slices of bread with meat, cheese, egg, peanut butter or other filling



Include some salad or other non-starchy vegetables to provide vitamins, minerals & fiber.

## Milk

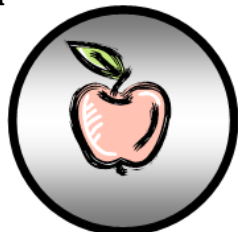
1 cup of white milk



Milk provides energy, protein, vitamins A and D, calcium and phosphorus.

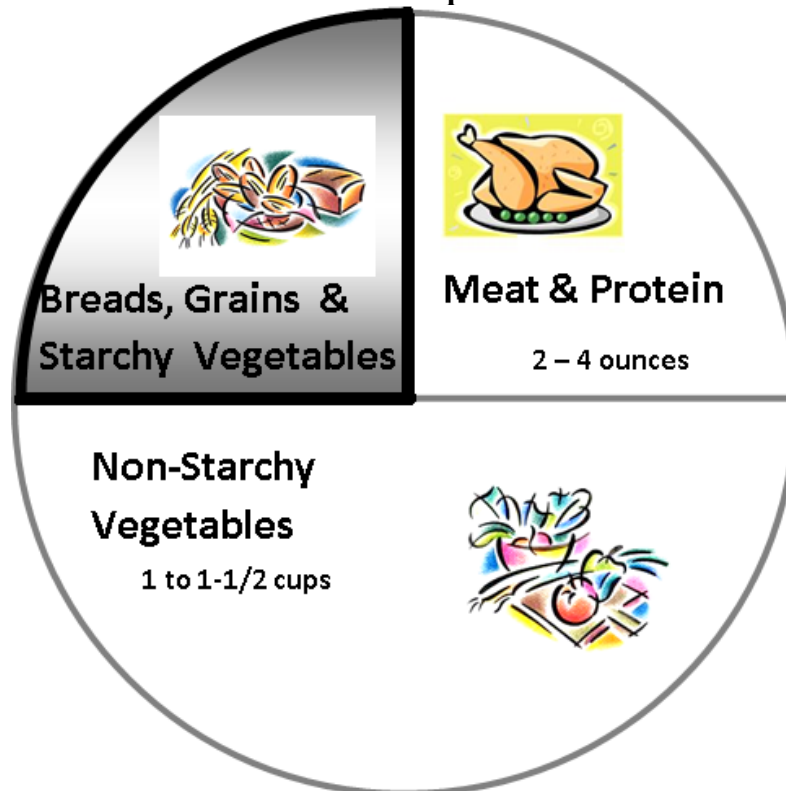
## Plate-type meal

**Fruit**  
**1 piece or ½ cup**



Eat fruit with your meal to provide energy, vitamins, minerals, and fiber.

One quarter of your plate should include about 1 cup of a grain or a starchy vegetable. The second quarter should include 2 to 4 ounces of a lean meat or another protein food.



Half of your plate should include some green leafy vegetables or other non-starchy vegetables to provide vitamins, minerals and fiber.

**Milk**  
**1 cup of white milk**



Milk provides energy, protein, vitamins A and D, calcium and phosphorus.

<b>Breads, Grains Starchy Vegetables</b> 1-2 servings per meal	<b>Fruit</b> 1 serving per meal	<b>Milk</b> 1 serving per meal	<b>Non-Starchy Vegetables</b> 3-5 servings / day	<b>Meat and Protein</b> 2-4 oz. per meal	<b>Fat</b> Use modestly
<b>Breads</b> <ul style="list-style-type: none"> <li>• ¼ large bagel</li> <li>• 1 slice bread</li> <li>• ½ bun</li> <li>• ½ English muffin</li> <li>• ½ large biscuit</li> <li>• 5-6 crackers</li> <li>• 4-inch pancake</li> <li>• Frozen waffle</li> </ul> ½ cup starchy foods <ul style="list-style-type: none"> <li>• Pasta</li> <li>• Rice</li> <li>• Hot cereal</li> <li>• Bran Cereal</li> </ul> ½ cup potato <ul style="list-style-type: none"> <li>• 10-12 French fries</li> <li>• 1 oz. potato chips</li> <li>• ½ medium potato</li> </ul> ½ cup dried beans ½ cup peas ½ cup corn 3 cups popcorn 2 x 2-inch cornbread 6-inch tortilla	1 small to medium pc <ul style="list-style-type: none"> <li>• Apple</li> <li>• Pear</li> <li>• Peach</li> <li>• Orange</li> </ul> ½ large banana 1 cup melon cubes <ul style="list-style-type: none"> <li>• Cantaloupe</li> <li>• Honeydew</li> <li>• Watermelon</li> </ul> 1 cup berries <ul style="list-style-type: none"> <li>• Strawberries</li> <li>• Blueberries</li> <li>• Raspberries</li> <li>• Blackberries</li> </ul> 15 grapes or cherries ½ cup canned fruit (light syrup or juice) 2 Tbsps. raisins 3 prunes 4 oz. fruit juice	8 oz. white milk (use lowest fat milk you can) 8 oz. buttermilk 4 oz. chocolate milk 6 oz. “light” yogurt (artificially sweetened, any flavor)  <p style="text-align: center;"><b>Sweets</b> <u>Use sparingly</u></p> ½ cup ice cream ¼ cup sherbet 6 vanilla wafers 2 Oreos ½ cup sugar-free pudding 3 graham crackers 6 peppermints 1 Tbsp. syrup, jelly, honey or sugar	½ cup cooked or 1 cup raw <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Green beans</li> <li>• Wax beans</li> <li>• Italian beans</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Greens</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onions</li> <li>• Peppers</li> <li>• Radishes</li> <li>• Squash</li> <li>• Spinach</li> <li>• Tomatoes</li> <li>• Turnips</li> </ul>	Choose lean cuts <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Beef</li> <li>• Pork</li> </ul> Fish Shellfish Cheese Cottage cheese Eggs Peanut Butter Nuts Seeds Higher sodium choices (use less often) <ul style="list-style-type: none"> <li>• Ham</li> <li>• Turkey bacon</li> <li>• Turkey sausage</li> </ul>	Unsaturated choices (healthier choices) <ul style="list-style-type: none"> <li>• Olive oil</li> <li>• Canola oil</li> <li>• Vegetable oil</li> <li>• Soft margarine</li> <li>• Mayonnaise</li> <li>• Salad dressing</li> <li>• Avocado</li> <li>• Guacamole</li> </ul> Saturated choices (use less often) <ul style="list-style-type: none"> <li>• Bacon</li> <li>• Sausage</li> <li>• Butter</li> <li>• Cream</li> <li>• Cream cheese</li> <li>• Shortening</li> <li>• Gravies</li> <li>• Sour cream</li> </ul>