

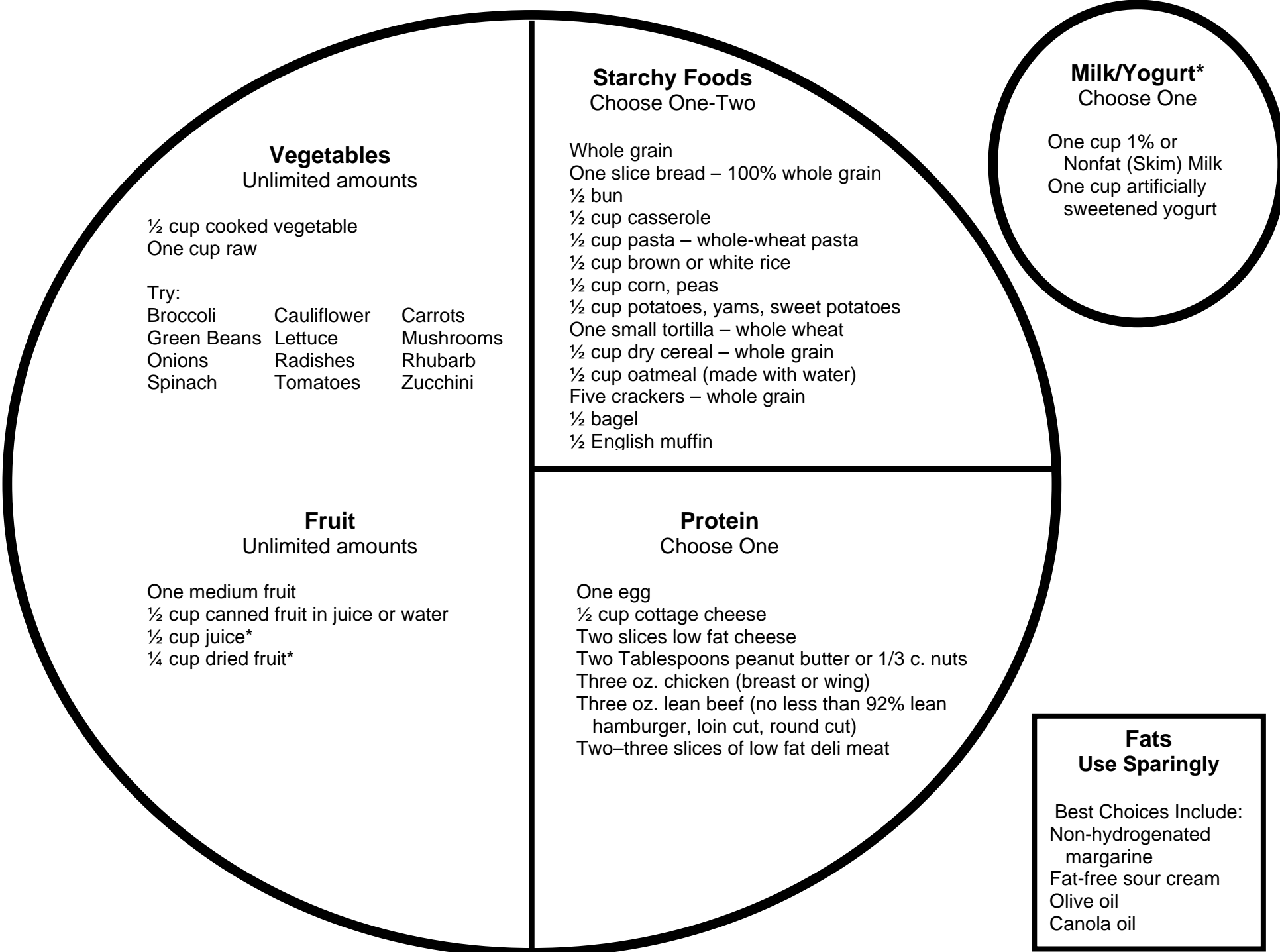


Education Outreach

Pregnant “What Should I Eat?”

A few tips to ensure better health for you and your baby!

1. **Eat small frequent meals.** As your baby grows, there will be less room for your stomach to expand with a large meal. Instead of large meals, eat small meals more frequently. Drink liquids between meals so you don't get too full.
2. **Use your plate to guide you.** All types of foods are important. The goal is to have a healthy balance to achieve good health. The plate diagram on the reverse side of this sheet will help you determine the right amount and types of foods to choose at each meal.
3. **Drink 8-10 glasses of non-caffeinated liquids.** Fluid needs are increased during pregnancy as blood volume increases, amniotic fluid is produced, and there are more wastes to be removed from the body. Water, milk, and juice are all excellent liquid choices.
4. **Choose fiber.** Fiber will help prevent constipation. Good sources of fiber are whole grains (whole-wheat bread, brown rice, whole-wheat pasta), whole fruits, and vegetables.
5. **Choose foods high in folic acid.** Folic acid deficiency can cause birth defects. Any fortified grain product (bread, cereal, rice, pasta) as well as many fruits and vegetables contain folic acid. Oranges and dark green leafy vegetables are especially good sources.
6. **Take the vitamin mineral supplement prescribed by your healthcare provider.** Prenatal vitamins contain an appropriate balance of extra vitamins and minerals needed for your pregnancy. Do not take other vitamin mineral supplements or herbal products without approval from your healthcare provider.
7. **Eat four servings of high calcium foods every day.** Your baby needs calcium to develop strong bones and teeth. Calcium rich foods include milk, yogurt, cottage cheese, low-fat cheese, beans, and peas.
8. **Keep caffeine intake under 300 milligrams per day.** Excessive amounts of caffeine can interfere with nutrient absorption and may decrease your baby's birth weight. Limit your daily caffeine intake to 300 milligrams or less. (Generally 2-3 cups of coffee)
9. **Choose foods high in iron.** Your body needs additional iron during pregnancy to make more red blood cells. Iron is found in meat, poultry, nuts, fortified grains, and green leafy vegetables. Foods rich in vitamin C (citrus fruits, green leafy vegetables) help your body absorb iron.



Vegetables

Unlimited amounts

½ cup cooked vegetable
One cup raw

Try:

- | | | |
|-------------|-------------|-----------|
| Broccoli | Cauliflower | Carrots |
| Green Beans | Lettuce | Mushrooms |
| Onions | Radishes | Rhubarb |
| Spinach | Tomatoes | Zucchini |

Starchy Foods

Choose One-Two

- Whole grain
- One slice bread – 100% whole grain
- ½ bun
- ½ cup casserole
- ½ cup pasta – whole-wheat pasta
- ½ cup brown or white rice
- ½ cup corn, peas
- ½ cup potatoes, yams, sweet potatoes
- One small tortilla – whole wheat
- ½ cup dry cereal – whole grain
- ½ cup oatmeal (made with water)
- Five crackers – whole grain
- ½ bagel
- ½ English muffin

Milk/Yogurt*

Choose One

- One cup 1% or Nonfat (Skim) Milk
- One cup artificially sweetened yogurt

Fruit

Unlimited amounts

- One medium fruit
- ½ cup canned fruit in juice or water
- ½ cup juice*
- ¼ cup dried fruit*

Protein

Choose One

- One egg
- ½ cup cottage cheese
- Two slices low fat cheese
- Two Tablespoons peanut butter or 1/3 c. nuts
- Three oz. chicken (breast or wing)
- Three oz. lean beef (no less than 92% lean hamburger, loin cut, round cut)
- Two–three slices of low fat deli meat

Fats

Use Sparingly

- Best Choices Include:
- Non-hydrogenated margarine
 - Fat-free sour cream
 - Olive oil
 - Canola oil

* Limit to one-two servings of these foods per day.