

# Make healthy meals for you and your baby

Staying healthy during pregnancy



## Eat three meals every day. For each meal:

The foods you eat give your baby the vitamins and minerals needed to grow. Choose healthy foods to make sure your baby grows well.



### Choose one serving of grains:

- A slice of bread
- A bowl of cereal
- A bowl of rice
- A tortilla
- A bowl of pasta



### Choose one serving of protein:

- 1 tablespoon peanut butter
- 3 oz. tofu
- 3 oz. chicken
- 3 oz. meat
- ½ cup nuts
- One egg



### Choose one serving of vegetables:

- A baked potato
- ½ cup raw or cooked vegetables
- ½ cup leafy greens
- ½ cup vegetable juice



### Choose one serving of dairy:

- 1 cup milk
- 1 cup yogurt
- 1 ounce cheese



### Choose one serving of fruit:

- A cup of juice
- A half piece of fruit
- A half cup of canned fruit
- 16 grapes
- ¼ cup of dried fruit

## Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English: **(888) 275-8750**

Español: **(866) 648-3537**

TTY: **(866) 735-2922**

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call (866) 472-4585 (TTY: 711). ATENCION: si habla espanol, tiene a su disposici6n servicios gratuitos de asistencia linguf stica. Lia me al (866) 472-4585 (TTY: 711). ATANSYON: Si w pale Kreyol Ayisyen, gen sevis ed pou long ki disponib gratis pou ou. Rele (866) 472-4585 (TTY: 711).