

Make Healthy Meals for You and Your Baby

Staying Healthy While You Are Pregnant

Eat three meals every day. For each meal:

Choose one serving of grains:



Grains:

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

Choose two servings of vegetables:



Vegetables:

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

Choose one serving of fruit:



Fruit:

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

Choose one serving of protein:



Protein:

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

Choose one serving of dairy:



Dairy:

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

The food you eat gives your baby the vitamins and minerals needed to grow.

Choose healthy foods to make sure your baby grows well.



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/TDD: **711**

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