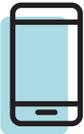


## Do you have questions?

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



**(800) 606-9880**

TTY/TDD:

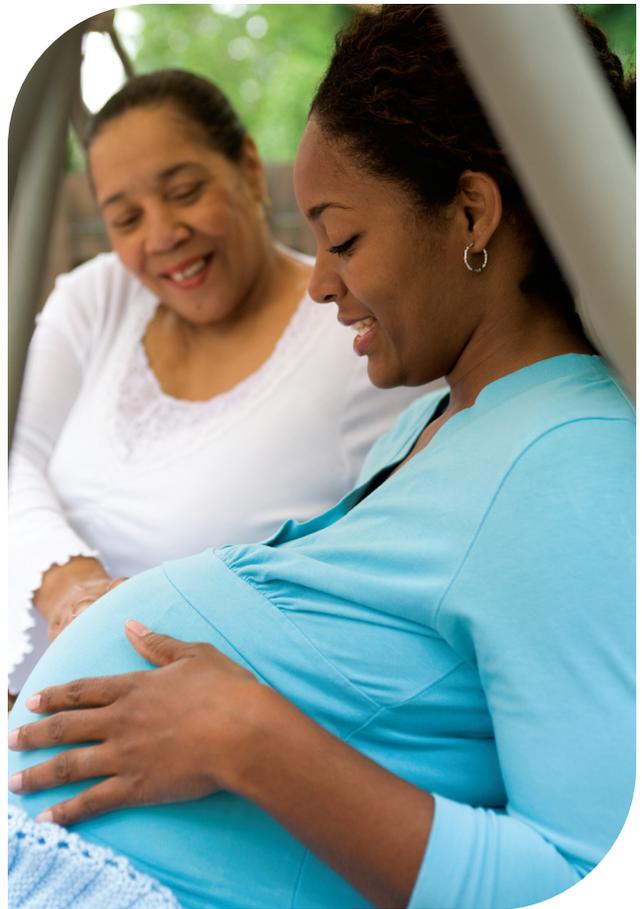
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Member ID card.

[passporthealthplan.com](http://passporthealthplan.com)

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# Make Healthy Meals for You and Your Baby

Staying Healthy While  
You Are Pregnant

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# 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 one serving of vegetables:



## Vegetables:

- A baked potato
- ½ cup raw or cooked vegetables
- ½ cup leafy greens
- ½ cup vegetable juice
- ¼ cup of dried fruit

Choose one serving of fruit:



## Fruit:

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

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.**

