



HEALTHY DIET



EATING HEALTHY

When you're pregnant, everything that you eat affects both you and your baby, so it can sometimes be stressful to find foods that are nutritious for the both of you. You also need more of certain vitamins and minerals during and in the months following your pregnancy. The U.S. Department of Agriculture has excellent advice

(www.choosemyplate.gov) to help pregnant women and new mothers. On this website, you can add information about you, like your age, height, and weight. The website will then help you identify a unique diet plan for your three trimesters and through breastfeeding.



DAILY MEAL PLAN

This website is based on the 5 food groups: grains, fruits, vegetables, protein, and dairy. Oils and fats are also important, because they provide important nutrients, but solid fats from animals should be limited. If you're expecting more than one baby, talk to your doctor about what is healthy for you.

Eating healthy is part of living a healthy life.
Small changes help!

A general healthy diet for pregnant moms is below, but you can get personalized diet from either your doctor or from the daily checklist on the USDA website.

- ◇ Grains: 6-8 ounces
 - Aim for whole grains for at least

half of daily grain choices

- ◇ Vegetables: 2.5-3.5 cups
- ◇ Fruits: 2 cups
- ◇ Milk/Milk Products: 4 cups
- ◇ Proteins: 5-6.5 ounces
- ◇ Oils: 6-7 teaspoons
- ◇ Water: 8-10 cups

VITAMINS

- ◇ Prenatal vitamin (every day)
- ◇ Vitamin D
 - Obtained from milk or being in the sun

- Helps to build your baby's teeth and bones



◇ Calcium

- Obtained from milk-products
- Helps to build your baby's teeth and bones

◇ Iron

- Helps to make red blood cells, which carry oxygen to your

baby

- ◇ Fish/Shellfish (2 servings/week)
 - Omega-3 fatty acids, found naturally in many kinds of fish, help develop the baby's brain
 - Avoid fish that might contain mercury, such as shark, swordfish, king mackerel or tilefish
 - Limit white tuna to 6 ounces per week.