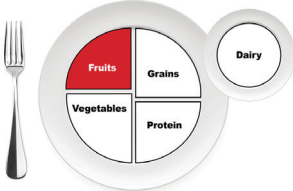
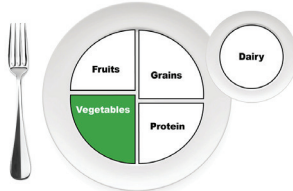
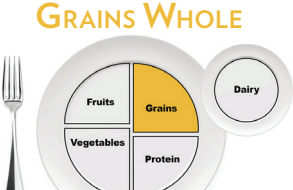
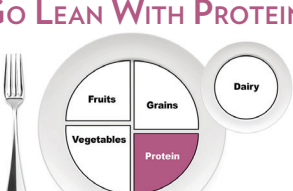
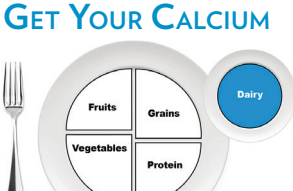




MYPLATE FOR MOM AND BABY

MyPlate is a guide to daily eating that will help you and Baby stay healthy during pregnancy. Along with a healthful diet, you need to be active and walk with Baby every day. Talk with a doctor about taking a prenatal vitamin.

| FOOD | HOW MUCH TO EAT EACH DAY | WHAT IS A CUP OR AN OUNCE? | NUTRIENTS IN FOOD | TIPS FOR MOM AND BABY |
|--|--------------------------|---|--|---|
| FOCUS ON FRUIT  | 2 cups | 1 cup raw fruit 1 cup cooked fruit ½ cup dried fruit | Dietary fiber Vitamin C Folate | Eat a variety of fruit. Fruit gives Baby soft and pretty skin. |
| VARY YOUR VEGGIES  | 3 cups | 1 cup raw vegetables 1 cup cooked vegetables 2 cups raw leafy vegetables | Dietary fiber Folate Vitamin A | Eat more dark green and orange vegetables. Vegetables help everything in the body work together for Baby. |
| MAKE HALF YOUR GRAINS WHOLE  | 8 ounces | 1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal | Carbohydrates Dietary fiber B vitamins Folate | Choose whole grains in place of refined grains. Grains give Baby energy to work and play. |
| GO LEAN WITH PROTEIN  | 6 ounces | 1 ounce lean meat, poultry, or fish 1 egg ¼ cup beans ½ ounce nuts | Protein B vitamins Iron | Choose more lean meats and beans. Protein-rich foods help brain development that makes Baby smart. |
| GET YOUR CALCIUM  | 3 cups | 1 cup milk 8 ounces yogurt 1½ ounces cheese 2 ounces processed cheese | Calcium Protein Vitamin D | Go low-fat or fat-free when you choose milk, yogurt, and cheese. Calcium-rich foods help Baby make strong bones and teeth. |