



GOOD FOOD CHOICES

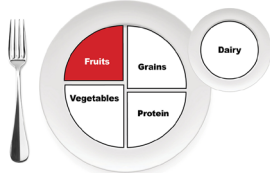
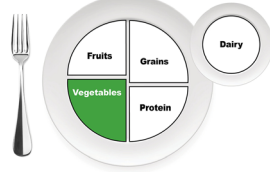
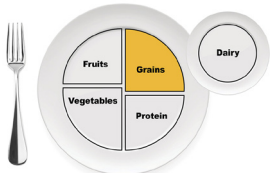
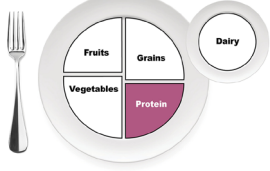
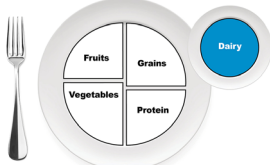


HELP BABY GROW AND KEEP MOM HEALTHY



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.