

My Pregnancy Plate

Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits.

Fruit is great for snacks and dessert, too.

Aim for at least 30 minutes of walking or another physical activity each day.



Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.



Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.

Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.



Nutrition In Pregnancy And Lactation

Mark Steyvers



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