My Pregnancy Plate

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



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 folive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.

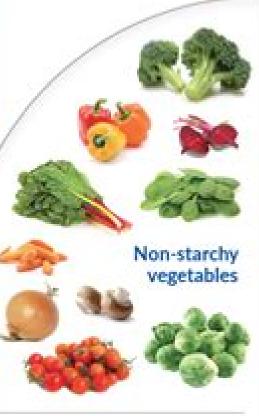


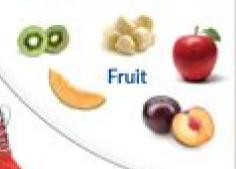


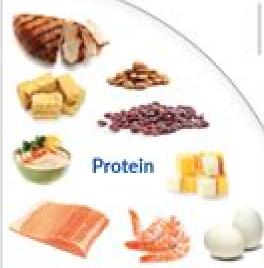
Choose a variety of whole fruits. Limit laice and dried fruits.

Fruit is great for snacks and dessert, too.

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





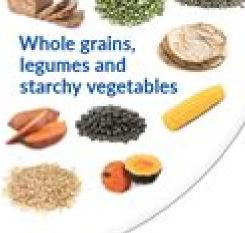


Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



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







Nutrition In Pregnancy And Lactation

Raffaela Di Napoli

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