

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.



Non-starchy vegetables

Fruit

Protein

Whole grains, legumes and starchy vegetables

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

Hussin A.Rothana



Nutrition In Pregnancy And Lactation:

Whispering the Strategies of Language: An Emotional Quest through **Nutrition In Pregnancy And Lactation**

In a digitally-driven earth where monitors reign great and quick conversation drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words frequently get unheard. However, situated within the pages of **Nutrition In Pregnancy And Lactation** a fascinating literary value sporting with raw feelings, lies an exceptional quest waiting to be undertaken. Published by a skilled wordsmith, that charming opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the mental depths with this emotional review, we shall embark upon a honest exploration of the book is key themes, dissect its captivating publishing design, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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