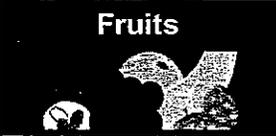
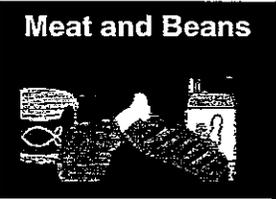


What Should I Eat?

MyPyramid Plan for Moms

When you are pregnant, you have special nutritional needs. Follow the MyPyramid Plan for Moms below to help you and your baby stay healthy.

- Eat these amounts from each food group daily.
- The calories and amounts of food you need change with the stage of pregnancy.
- The Plan shows different amounts of food for different trimesters, to meet your changing nutritional needs.

| Food Group | 1st Trimester | 2nd and 3rd Trimesters | What counts as 1 cup or 1 ounce? | Remember to... |
|--|---|------------------------|---|---|
| | Eat this amount from each group daily.* | | | |
| Fruits  | 2 cups | 2 cups | 1 cup fruit or juice ½ cup dried fruit | Focus on fruits — Eat a variety of fruit |
| Vegetables  | 2½ cups | 3 cups | 1 cup raw or cooked vegetables or juice 2 cups raw leafy vegetables | Vary your veggies — Eat more dark green and orange vegetables and cooked dry beans |
| Grains  | 6 ounces | 8 ounces | 1 slice bread; ½ cup cooked pasta, rice, cereal; 1 ounce ready-to-eat cereal | Make half your grains whole — Choose whole instead of refined grains. |
| Meat and Beans  | 5½ ounces | 6½ ounces | 1 ounce lean meat, poultry, fish; 1 egg; ½ cup cooked dry beans; ½ ounce nuts; 1 tablespoon peanut butter | Go lean with protein —Choose low-fat or lean meats and poultry |
| Milk  | 3 cups | 3 cups | 1 cup milk; 8 ounces yogurt; 1½ ounces cheese; 2 ounces processed cheese | Get your calcium-rich foods —Go low-fat or fat-free when you choose milk, yogurt, and cheese |

*These amounts are for an average pregnant woman. You may need more or less than the average. Check with your doctor to make sure you are gaining weight as you should.

In each food group, choose foods that are low in “extras.” Pregnant women and women who may become pregnant should not drink alcohol. Any amount of alcohol during pregnancy could cause problems for your baby.

Most doctors recommend that pregnant women take a prenatal vitamin and mineral supplement every day **in addition to** eating a healthy diet. This is so you and your baby get enough folic acid, iron, and other nutrients. But don’t overdo it. Taking extra can be harmful.



Get a MyPyramid Plan for Moms designed just for you on the MyPyramid website. Go to www.mypyramid.gov. Choose “For Pregnancy and Breastfeeding” on the left side menu.