

My Healthy Eating Plan

For Pregnant and Breastfeeding Women

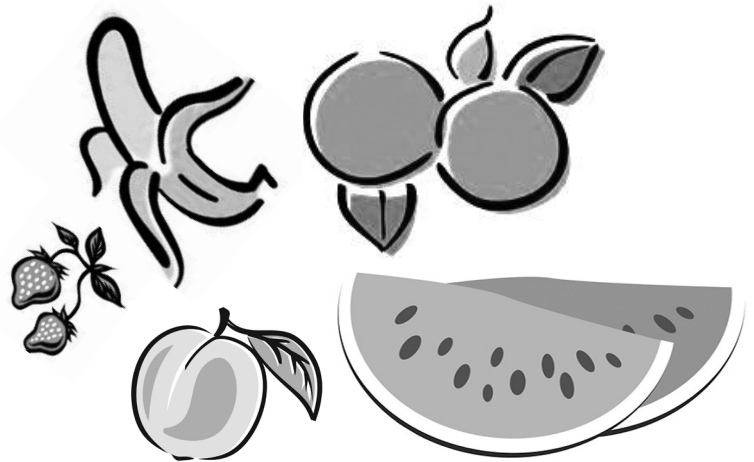
Vegetables

- The more vegetables you eat, the better.
- Choose some that are dark green or orange.
- Choose fresh, frozen or canned with **no added sauce**.



Fruits

- Eat fruits of many colors.
- Choose fresh, frozen or canned with **no added sugar**.
- Choose 100% fruit juice. Limit to one small cup a day.



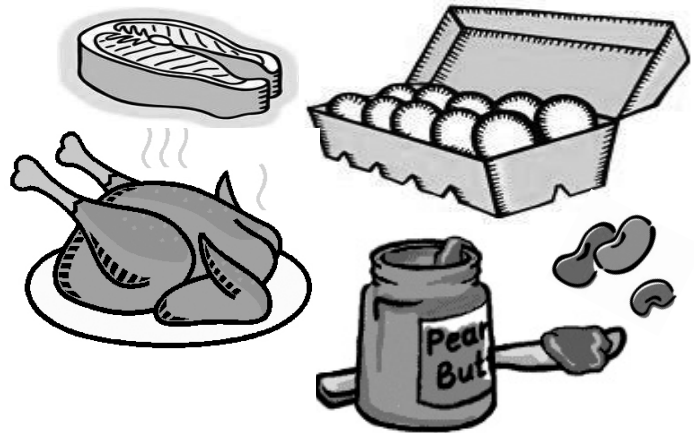
Milk Products

- Choose milk or yogurt, nonfat or low-fat (1%).
- Try low-fat cheeses.
- Try soy milk with calcium.



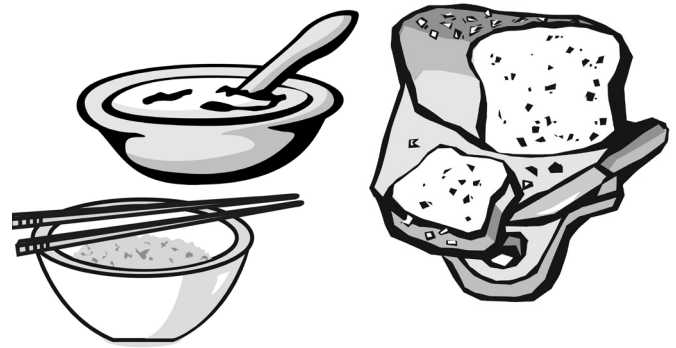
Meat and Beans (protein foods)

- ❑ Eat beans and lentils instead of meat at some meals.
- ❑ Eat lean meat (90% lean or higher).
- ❑ Limit high-fat meats like sausage, hot dogs and bologna.
- ❑ Grill, broil, or bake instead of frying.
- ❑ Choose water-packed canned light tuna (not albacore).



Breads, Grains and Cereals

- ❑ Choose whole grains at least half the time.
- ❑ Choose oatmeal, brown rice, corn tortillas and 100% whole wheat bread.
- ❑ Avoid sugary cereals.



Oils and Fats

- ❑ Use small amounts of healthy liquid oils such as **canola** or **olive**.
- ❑ Avoid solid fats such as lard, shortening, stick margarine or butter.
- ❑ Limit fried foods.



Drinks

- ❑ Drink plenty of water.
- ❑ Avoid sugary drinks like soda, fruit punch, sport drinks or energy drinks.
- ❑ Limit coffee to one cup a day.
- ❑ Do not drink alcohol while pregnant.

