

My Healthy Eating Plan

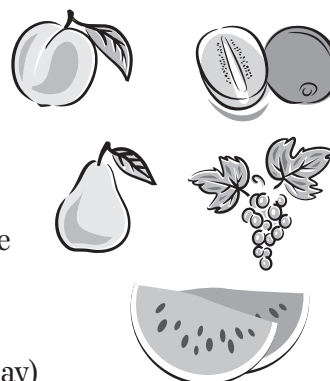
For pregnant and breastfeeding women

Fruits

Aim for 2 or more.

- The more fruits and vegetables you eat, the better.
- Choose a variety: fresh, frozen or canned.
- Choose ones with **no sugar added.**

Apple, banana, pear
Berries, cherries
Grapes
Kiwi, papaya, mango
Melons, cantaloupe
Orange, grapefruit, lemon, tangerine
Peach, nectarine, plum, apricot
Dried fruit, raisins
100% fruit juice (1 cup or less per day)



Vegetables

Aim for 3 or more.

- Choose some that are dark green or orange.
- Choose a variety: fresh, frozen or canned.
- Choose ones with **no added sauce and low in salt.**

Asparagus
Broccoli, cauliflower, Brussels sprouts
Bok choy
Cabbage
Carrots, celery
Corn
Green beans
Green pepper, chili pepper
Lettuce, spinach, greens
Peas
Potato, sweet potato
Tomato
Winter squash, summer squash, zucchini



Milk Products

Aim for 3.

- Choose **nonfat** or **low-fat (1%).**

Milk or yogurt (1 cup)
Cheese (1½ to 2 ounces)
Calcium-fortified soy milk (1 cup)



Design and layout courtesy of Alameda Alliance for Health.

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Meat and Beans (protein foods)

Aim for 7.

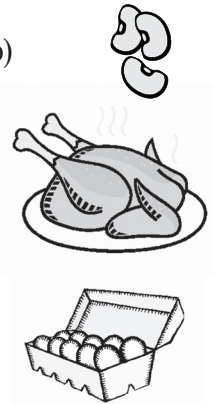
- Grill, broil, or bake instead of frying.
- Take the skin off poultry before or after cooking.
- Eat lean meat (15% fat or less).
- Limit high-fat meats like sausage, hot dogs and bologna.
- Choose water-packed canned tuna (not albacore).

Vegetable Protein

Cooked dry beans, peas or lentils (¼ cup)
Peanut butter (1 tablespoon)
Nuts (½ oz. or small handful)
Seeds, such as sunflower (2 tablespoons)
Tofu (¼ cup)

Animal Protein

Cooked chicken, turkey, pork, beef, lamb or fish (1 ounce)
Eggs (1)



Breads, Grains and Cereals

Aim for 6-8.

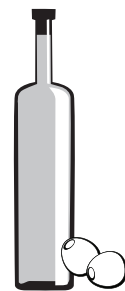
- At least half the time, choose **whole grains**.
- Choose old fashioned oatmeal, brown rice, and 100% whole wheat bread.
- Avoid highly sweetened cereals.

Bread (1 slice)
Dry cereal (1 cup)
Cooked cereal (½ cup)
Cooked macaroni, noodles, or spaghetti (½ cup)
Cooked rice (½ cup)
Tortilla: 1 small corn = 1 serving
1 small flour = 2 servings



Oil

- Aim for **2 tablespoons per day** liquid oils such as **canola, olive, or corn oil** or **soft tub margarine**.
- Avoid solid fats such as lard, stick margarine, butter, or shortening.
- Avoid fried foods.



Drinks

- Drink plenty of water.
- Avoid sugary drinks like soda, fruit punch, sports or energy drinks.
- Aim for no more than one coffee drink a day.
- Do not drink alcohol while pregnant.



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