

Make Healthy Meals for You and Your Baby

Staying Healthy While You Are Pregnant

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Eat **three meals** every day. For each meal:

Choose one serving of grains:



Grains:

- A slice of bread
- A bowl of cereal
- A bowl of rice
- A tortilla
- A bowl of pasta

Choose one serving of protein:



Protein:

- 1 tablespoon peanut butter
- 3 oz. tofu
- 3 oz. chicken
- 3 oz. meat
- ½ cup nuts
- One egg

Choose one serving of vegetables:



Vegetables:

- A baked potato
- ½ cup raw or cooked vegetables
- ½ cup leafy greens
- ½ cup vegetable juice

Choose one serving of dairy:



Dairy:

- 1 cup milk
- 1 cup yogurt
- 1 ounce cheese

Choose one serving of fruit:



Fruit:

- A cup of juice
- A half piece of fruit
- A half cup of canned fruit
- 16 grapes
- ¼ cup of dried fruit



The food you eat gives your baby the vitamins and minerals needed to grow.

Choose healthy foods to make sure your baby grows well.

