The food you eat becomes part of your baby’s toes, fingers, brain, and bones! That’s why what you eat is important.

**What is “Eating Right” During Pregnancy?**

1. Eat 5-6 times a day.
2. Choose a wide variety of foods. You should eat foods from each one of the food groups every day.
3. Eat lots of fruits and vegetables of different colors. Eat salads. Eat a vegetable with lunch and dinner, or have two with dinner. Snack on fruit. Include a fruit or vegetable each time you eat.
4. Drink milk with your meals. Eat foods made with milk like cheese, yogurt, and cottage cheese.
5. Choose whole grains like whole wheat bread, brown rice, or oatmeal.
6. Eat lean protein foods like chicken, fish, or beans.
7. Drink plenty of water. Avoid drinks high in sugar like pop, sweet tea, and energy drinks.

**Making Changes**

You may have to change some things about how you eat. Try making just one change at a time. What do you want to change?

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### General Guidelines

<table>
<thead>
<tr>
<th>Food</th>
<th>Daily Servings</th>
<th>Serving Sizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, Cereal, Rice, Pasta</td>
<td>6</td>
<td>1 slice, 1 cup flake-type cereal, ½ cup cooked rice, ½ cup cooked pasta, Use more whole grain products.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>5</td>
<td>½ cup cooked or 1 cup fresh, 1 cup lettuce or other leafy greens, ½ cup vegetable or tomato juice.</td>
</tr>
<tr>
<td>Fruits</td>
<td>4</td>
<td>½ cup cooked, 1 cup fresh, ½ cup 100% fruit juice.</td>
</tr>
<tr>
<td>Milk, Yogurt, Cheese</td>
<td>3</td>
<td>1 cup milk, 1 cup yogurt, 1 to 2 slices cheese.</td>
</tr>
<tr>
<td>Meat, Poultry, Fish, Dried Beans, Eggs, Peanut Butter, Nuts/Seeds</td>
<td>6</td>
<td>1 ounce meat, poultry, or fish, ½ cup cooked beans, 1 egg, 2 tablespoons peanut butter, 2 tablespoons nuts/seeds.</td>
</tr>
</tbody>
</table>