

EATING RIGHT DURING PREGNANCY



FOOD GROUPINGS	EXAMPLES	WHY
WHOLE GRAINS	Breads, Cereals, Pastas and Brown Rice	Sources of Fiber; Folate & Iron from fortified foods
FRUITS-EAT THE RAINBOW	Fresh, Frozen or Canned Without Added Sugars	Sources of Fiber, Vit C, Folate
VEGETABLES-EAT THE RAINBOW	Fresh, Frozen or Canned with No Added Salt	Sources of Fiber, Vit C, Folate; Iron in leafy veggies
LEAN PROTEIN	Meat, Poultry, Fish, Eggs, Beans and Peas, Peanut Butter, Soy Products and Nuts	Gives you the protein you need without the extra fat calories; Source of Iron, folate
LOW-FAT OR FAT-FREE DAIRY	Milk, Cheese and Yogurt	Gives you the protein you need without the extra fat calories; key nutrient-Ca, Phosphorus, Vit D-NEEDED FOR YOU AND BABY
HEALTHY FATS	Avocados, Nuts and Seeds as Well As Vegetable Oils Including Canola and Olive Oil	Healthy fats promote growth of baby, maintenance of skin, absorption of fat-soluble vitamins
AVOID	Tilefish, Shark, Swordfish and King Mackerel; And Limit. If Consumed; Unpasteurized Milk and Some Soft Cheeses That Are Made from Unpasteurized Milk; Extra Calories from Added Sugars from Drinks and Sweets and Solid Fats Such as Fried Foods	Certain fish has a high amount of mercury that can build up like a toxin; pasteurization kills bacteria and reduces risk of foodborne illnesses; extra calories that provide no nutrition goes straight to the waist line
LIMIT	White (Albacore) Tuna to Six Ounces Per Week	Mercury should be limited
OTHER	Deli, Luncheon Meats and Hot Dogs Should Be Reheated BEFORE Consuming	Risk of foodborne illness-Listeria
VEGETARIAN	Increase Iron Absorption by Combining Plant-Based Sources of Iron with Vitamin C-Rich Foods. E.G. Spinach Salad with Mandarin Oranges or an Iron-Fortified Cereal with Strawberries	Helps your body absorb Iron better when combining foods