

# Healthy Moms, Healthy Babies

Oklahoma Cooperative Extension Service • Oklahoma State University



## Daily Food Choices

Do you know what foods to eat and how much to eat every day until your baby is born? The *Food Guide Pyramid* helps you make healthy food choices. Pregnant woman generally should eat closer to the maximum number of servings. The food you eat provides the nutrients your baby needs for proper growth and development. Also drink 6 to 8 glasses of fluid each day. Water, milk, and fruit juice are good choices.

### Breads & Cereals Groups

Eat 6-11 servings daily. One serving is:

- 1 slice of bread, biscuit or tortilla
- 1/2 hamburger bun, English muffin or bagel
- 3 to 4 small crackers
- 1/2 cup cooked cereal, rice or pasta
- 3/4 cup cold cereal

### Fruits

Eat 2-4 servings daily. One serving is:

- 1 apple, banana or orange
- 3/4 cup fruit juice
- 1/2 cup canned fruit

### Vegetables

Eat 3-5 servings daily. One serving is:

- 1/2 cup chopped or cooked vegetable
- 1 cup salad
- 3/4 cup vegetable juice

Include one food rich in Vitamin C such as grapefruit, oranges, tomatoes, broccoli, and strawberries. Include one food rich in Vitamin A such as broccoli, cantaloupe, carrots, winter squash and sweet potatoes.

### Meat & Other Protein Foods

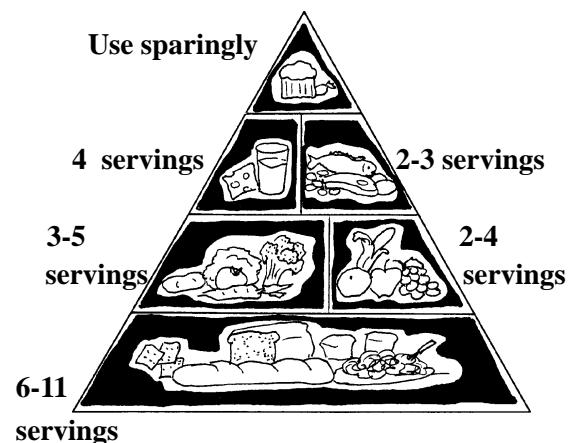
Eat 2-3 servings daily. One serving is:

- 2-3 ounces of cooked, lean meat, poultry or fish
- 2 eggs
- 1 cup cooked beans
- 4 tablespoons peanut butter

### Milk, Yogurt, & Cheese

Eat 4 servings daily. One serving is:

- 1 cup milk (try low-fat)
- 1 cup yogurt
- 1 1/2 ounces natural cheese
- 1 1/2 cups cottage cheese



### **Suggested Readings:**

Dairy Council of California (1990). *Pregnancy: A special time for nutrition and good health*. Sacramento, CA: Author.

March of Dimes (1992). *Eating for two: Nutrition during pregnancy information sheet*. White Plains, NY: Author.

U.S. Department of Agriculture, U.S. Dept. of Health & Human Services (1990). *Dietary guidelines for Americans, 3rd edition*. Washington, Author.

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Story, M. (1990). Nutrient needs during adolescence and pregnancy. In M. Story (Ed.) *Nutrition management of the pregnant adolescent* (pp. 21-28). Washington, DC: National Clearinghouse.

Wekselman, Kathryn. (1995) Now you're really eating for two. *Child Birth Planner (1995 Edition)*, 18-19.



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