

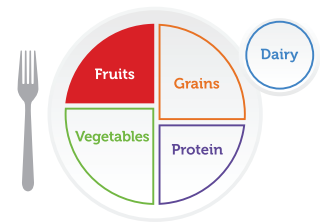
Vary the Colors of Your Fruits

Fruits provide many benefits to you and your baby such as:

- Reduce the risk of constipation.
 - **Why:** Fruits are a great source of fiber. Fiber adds bulk to stool which can speed up digestion and help clear out bacteria and other buildup in the intestines.
- Reduce the risk of birth defects.
 - **Why:** Fruits contain many vitamins and minerals including potassium, vitamin A, C, and folic acid. These nutrients are essential for keeping both you and your baby healthy.

Pregnant women should try to eat 2–3 cups of fruit each day. A serving of fruit includes:

- 1 cup fresh or canned fruit
- 1 cup 100% fruit juice
- ½ cup dried fruit



Tips To Choose Fruits Every Day

Add fruit to whole-grain cereal, oatmeal or plain/fat free or low-fat yogurt. Fruits are not only rich in fiber vitamins and minerals, but they can add great flavor and help satisfy your sweet tooth.

Sip your fruits in a smoothie. Making a smoothie is a great way to ensure you are hitting your daily fruit intake goals. You can also add vegetables into your smoothie like spinach, kale, chard and collard greens. The sweetness from the fruits can help mask the bitter taste of the veggies.

Choose the right fruit for the day. Cut down prep time by using oranges, bananas, and apples which are easy to grab when you're on the go.

Frozen fruits are a way to get more bang for your buck. Frozen fruits will last much longer than fresh fruits. If you let them thaw out for a bit, they can be a great refreshing snack.

Eat a variety of fruits. Eating fruits of different colors can give you a range of vitamins and minerals as well as ensuring you won't get burned out from eating the same fruits every day.

Prioritize your fruit. Slice up some fruit and put it in a container in your refrigerator. Put the container of fruit front and center so it's the first thing you see when you open your fridge.

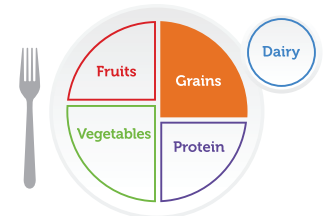
Making Health Gains With Grains

Grains provide many benefits to you and your baby such as:

- Healthy baby brain and body development.
 - **Why:** Grains contain vitamins and minerals such as B vitamins, iron, selenium, and magnesium which will promote healthy growth.
- Can reduce the chance of birth defects, premature births, and low birth weights.
 - **Why:** Grains contain folic acid, a B vitamin that helps create new cells in both you and your baby's body.
- Supplying your body with its main source of energy while also containing fiber.
 - **Why:** Carbohydrates help control blood glucose and insulin usage. While fiber will help promote a healthy digestive system.

Pregnant women should try to eat 6–9oz of grains daily (with at least half coming from whole grains). A serving of grains includes:

- ½ cup pasta, rice, or noodles
- 1 slice of bread
- 1 medium waffle or pancake
- ½ hamburger or hot dog bun
- 1 cup of ready to eat cereal
- ½ cup of cooked cereal, oatmeal, or cream of wheat
- ½ bagel or English muffin
- 5 crackers
- 1 pita, biscuit, roll, or tortilla
- 1 piece matzo
- 1 muffin
- 2 inch corn bread
- 3 cups popped popcorn



Tips To Choose Grains Every Day

Have whole grains at breakfast. Oatmeal and cereal are great options to have for breakfast. You can also add fruit to them for added flavor and nutritional benefits.

Swap your usual grains. Look for sandwich bread made from whole grains. Pita, tortilla, pasta, noodles, bagels, muffins, naan, sliced breads and rolls are all available as whole grains.

Switch up pizza night. Create individual homemade pizzas on whole wheat English muffins or tortillas. Or try a traditional pizza using premade whole wheat flour. Don't forget to include some veggies as toppings!

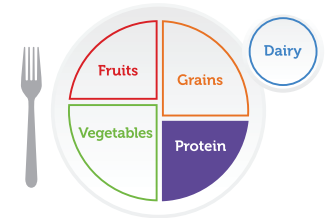
Support Growth and Development With Protein

Protein provides many benefits for you and your baby such as:

- Making sure your baby is growing by supporting the growth of maternal tissues.
 - **Why:** Protein helps you and your baby's cells produce and maintain themselves.
- Protein can help lower the risk of pre-eclampsia and premature birth and increase the likelihood of a healthy birth weight.
 - **Why:** Protein rich foods help the body meet the demands of pregnancy.
- Protein helps your baby develop by making antibodies for their immune system, hormones, and enzymes in addition to supporting muscle function.

Pregnant women should try to eat 5.5–6.5 ounces of protein daily. Choose lean protein options often. A serving of protein includes:

- 1 oz meat, poultry, pork, or fish/shellfish
- 1 egg
- 1 tablespoon peanut butter
- ½ oz nuts/seeds
- 2 tablespoons hummus
- ¼ cup of cooked beans
- 2 oz tofu
- 1 oz cooked tempeh



Tips To Choose Protein Every Day

Choose lean protein sources often. Lean protein sources include Greek yogurt, beans, peas, lentils, low fat cottage cheese, tofu, skinless chicken or turkey breast.

Start your morning with eggs. Many breakfast foods are low in protein. Eggs are packed with protein and have important nutrients like selenium and choline. There are many ways to incorporate eggs into your breakfast meal such as in an omelet, scrambled, in a frittata or quiche, or in a breakfast burrito. *In a rush?* Boiled eggs are easy to prep ahead of time and can last in the fridge for up to 7 days.

Snack on nuts and seeds. Nuts and seeds are usually high in protein, healthy fats, and fiber.

You can buy individual trail mix packets or make your own. Keep them on hand in your purse, car, or lunch bag for a quick snack.

Add peanut butter to your diet. Peanut butter pairs well with a variety of ingredients. Spreading 2 tbsp of peanut butter on sliced fruit can boost the total protein intake by 7 grams. You can also spread peanut butter on toast, waffles, or English muffins.

Eat more legumes and beans. Legumes and beans are a great source of protein, fiber and antioxidants. You can add legumes or beans to chilies, sauces and patties and you can roast them in the oven to add them to salads.

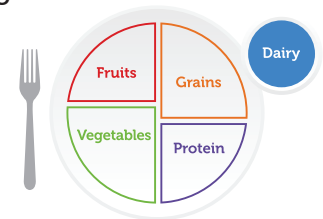
Dairy Is the Best Dietary Source of Calcium

Dairy provides many benefits to you and your baby such as:

- Helping your baby's bone growth.
 - **Why:** The calcium found in dairy helps build and maintain bones.
- Preventing rickets and low birth weight in your baby.
 - **Why:** Many dairy products are fortified with vitamin D which helps your baby's body absorb calcium and phosphorus.
- Contains nutrients like phosphorus, potassium, iodine, and riboflavin which are essential for positive infant and maternal health outcomes.

Pregnant women should try to eat 3–4 cups of dairy daily. Try to focus on low-fat or fat-free options. A serving of dairy includes:

- 1 cup milk
- 1 cup yogurt
- 2 oz processed cheese
- 1 ½ slices natural cheese
- 1 cup pudding made with milk
- 2 cups cottage cheese



Tips To Choose Dairy Every Day

Lactose intolerant? Choose hard cheeses like Swiss or Parmesan. They are calcium rich and have less lactose than feta or cottage cheese. You can also try lactose free milk. Lactose free milk is still rich in calcium and vitamin D. Other options include calcium and vitamin D fortified almond, rice, and soy milk.

Top off your meals. Use fat-free or low-fat milk with cereal or when making oatmeal. Top fruit salads and baked potatoes with low fat yogurt instead of higher fat toppings like sour cream.

Ingredient switches. When recipes such as dips call for sour cream substitute plain yogurt. Use

fat free evaporated milk instead of cream and try ricotta cheese as a substitute for cream cheese.

Create supercharged smoothies. Yogurt or milk can be used as the base of your smoothie. Make sure to include some fruits and vegetables in your smoothie as well to supercharge the nutrients within.

Create your own salad dressing. Blend plain, low-fat or fat-free yogurt, lemon juice, and dried or fresh herbs like basil or parsley for a salad dressing. This can also be a quick and healthy veggie dip.

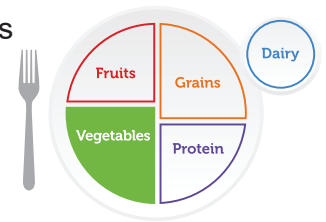
Vary Your Veggies

Vegetables provide many benefits to you and your baby such as:

- Reduce the risk of birth defects.
 - **Why:** Vegetables contain many vitamins and minerals, including folate which can reduce the risk of neural tube defects and spina bifida.
- Combat and prevent constipation.
 - **Why:** Vegetables are a good source of fiber.

Pregnant women should try to eat 3–4 cups of vegetables each day. A serving of vegetables includes:

- 1 cup raw or cooked vegetables
- 2 cups raw or leafy greens
- 1 cup vegetable juice
- 1 cup beans or peas



Tips To Choose Veggies Every Day

Buy vegetables that can help you save money. Vegetables come in many forms such as fresh, frozen, and canned. Frozen and low-sodium canned vegetables often cost less than fresh and still have a similar nutritional value.

Sip your veggies in a smoothie. When making a fruit smoothie you can add green leafy vegetables such as spinach, kale, chard, and collard greens. Pairing these vegetables with sweet fruits in a smoothie can disguise their bitter taste.

Serve up veggies in your soups. Vegetables such as carrots, celery, potatoes, and onions add both flavor and texture to soups, stews, and chilis. You can use whatever form of vegetable you have on hand; fresh, frozen, or canned are all great options.

Fire up veggies for a flavorful BBQ. Bell peppers, zucchini, yellow squash, mushrooms, onions, and small tomatoes can easily be placed on a skewer.

Add veggies to make an eggcellent breakfast. Tomatoes, onions, bell peppers, and mushrooms

can add extra flavor and fiber to your morning omelets, frittatas, or breakfast burritos.

Roast to perfection. Roast veggies on a baking sheet in the oven to bring out their natural sweetness.

Jazz up your stir fry. Vegetables such as mushrooms, carrots, onions, peppers, zucchini, snow peas, sugar snap peas, bok choy, broccoli, or cauliflower can be added to any stir fry dish. A combination of common stir fry veggies can be found in your freezer aisle labeled “stir fry vegetable mix” so all you have to do is defrost and add to your noodles or rice.

Pair with a dip. Carrots, cauliflower, and cucumber slices pair perfectly with dips such as hummus, ranch, or your favorite veggie dip.

Load up your pasta with veggie packed tomato sauce. Whether you make your own or buy jarred tomato sauce, you can make or find sauces with extra veggies added in such as zucchini, carrots, bell peppers, and onions.