

# Eating healthy for you and your baby

Staying healthy while you are pregnant



## Ways you can start making healthy eating choices:

1. Sign up for WIC to help you get more of the food you need.
2. Talk to your doctor about the best weight and healthy foods for you!
3. Try to have 4 healthy foods on your plate at every meal. Examples of healthy foods:



### One serving of fruit:

- A cup of juice
- A half piece of whole fruit like an apple, pear, orange or banana
- 1/2 cup of canned fruit
- 16 grapes
- 1/4 cup of dried fruit



### One serving of protein:

- 1 tablespoon peanut or other nut butter
- 3 oz. tofu
- 3 oz. chicken
- 3 oz. pork or beef
- 1/2 cup nuts
- 1 egg



### One serving of vegetables:

- A baked sweet potato
- 1/2 cup raw or cooked vegetables
- 1/2 cup leafy greens
- 1/2 cup vegetable juice



### One serving of dairy:

- 1 cup pasteurized milk
- 1 cup pasteurized yogurt
- 1 oz. pasteurized cheese



### One serving of whole grains:

- A slice of whole wheat bread
- A bowl of cereal
- A bowl of brown rice
- A corn or wheat tortilla
- A bowl of whole wheat pasta

A healthy pregnancy includes a healthy diet, taking your prenatal vitamins and drinking 8-12 cups of water each day.

Questions? call our 24-hour nurse advice line. We are here to help you.  
(800) 606-9880 TTY/TDD: 711