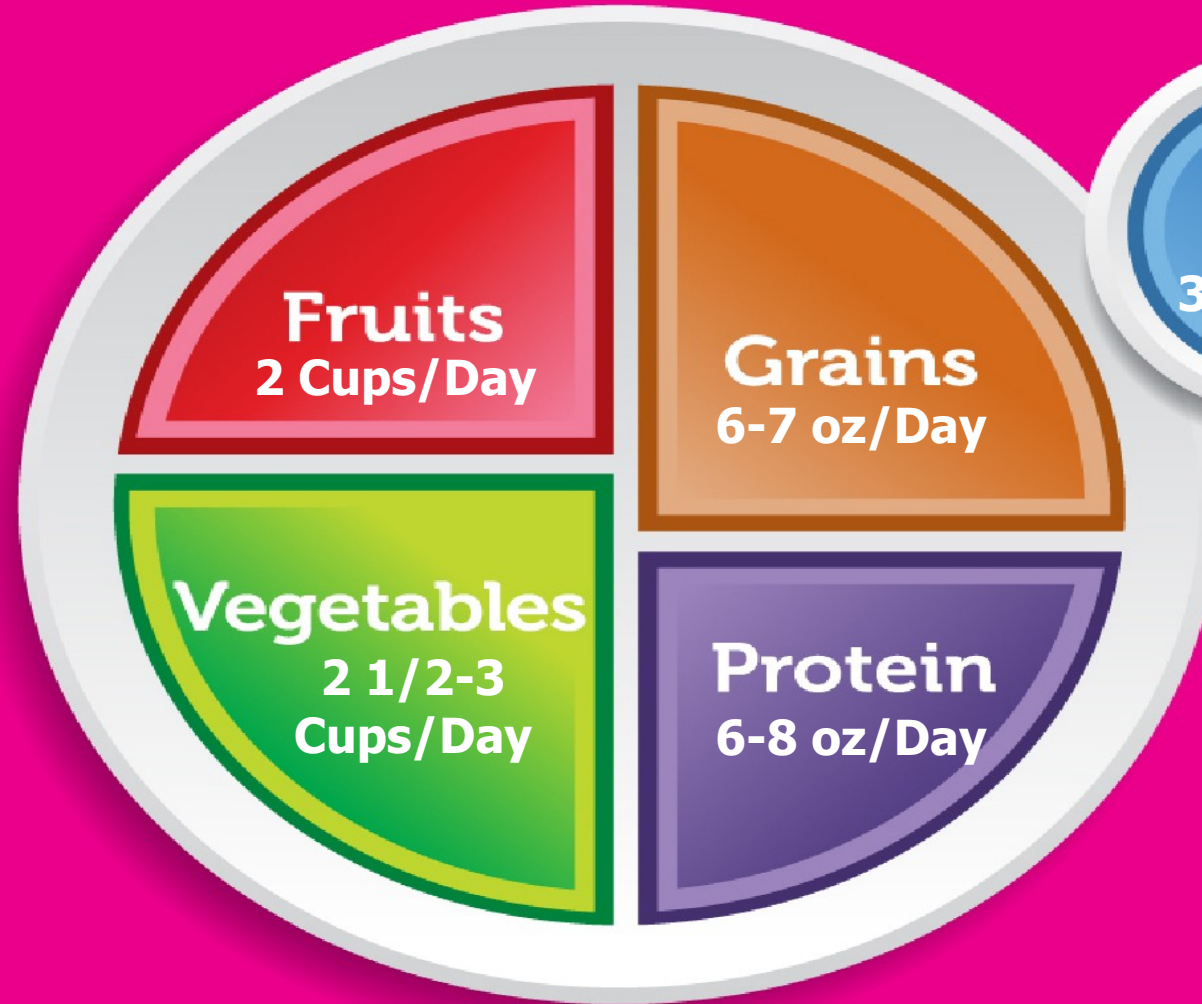


Pregnancy



Vary Your Veggies!

Focus on Fruits!

Half Your Grains Whole!

Go Lean With Protein!

Get Calcium-Rich Foods!

Serving Sizes

Dairy

- 2 cups cottage cheese
- 8 oz yogurt
- 1 1/2 oz cheese
- 1 cup milk

Grains:

- 1 slice bread
- 1/2 cup rice, pasta, or oatmeal
- 6 inch tortilla

Protein

- 1 oz meat, poultry or fish
- 1/4 cup dry beans
- 1 Tbsp peanut butter
- 1 egg
- 1/2 oz nuts

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Comfort Tips

Morning Sickness (Nausea and vomiting)

- Find foods that agree with you such as: crackers, dry toast, dry cereal, watermelon
- Eat small, frequent meals
- Drink liquids between meals, not with solid foods
- Smell lemons or drink lemonade
- Get up slowly from sitting or lying down

Heartburn is a burning feeling at the top of your stomach.

- Eat small frequent meals
- Eat Slowly
- If eating a late meal try to Eat 2 to 3 hours before going to bed
- Rest or sleep in a semi-sitting position
- Avoiding foods that bother you (spicy or fatty foods, caffeine drinks, sodas, etc.)
- Wear loose fitting clothing

Constipation

- Eat high fiber foods: bran, whole wheat products, fresh fruits and vegetables, stewed fruits, prune juice, dried beans and peas
- Drink at least 2 to 3 quarts of fluids a day: water, 100% juice, milk, soup, etc.
- Get some exercise daily, keeping fit and active

Good Choices

Alcohol

- Pregnant women and women who may become pregnant should not drink alcohol. Any amount of alcohol during pregnancy could cause problems for your baby.

Herbal Teas

- Certain herbal teas can be very harmful during pregnancy.
- Some herbal teas **do not list all** of the herbs in the tea, so only use herbal teas that you know are safe.
- Ask your health care provider if it is safe to use herbal teas.

Ask your health care provider if you have any problems or questions and always check with your provider before taking any medicine or changing your exercise plan.

Food Safety

Avoid

- Albacore tuna
- Unpasteurized milk and juices
- Deli meats and salads, lunch meat
- Raw sprouts
- Raw eggs (undercooked eggs - raw cookie dough)
- Raw fish such as sushi
- Soft cheese - brie, feta

Make sure foods are cooked thoroughly

Wash all fruits and vegetables before use

2 hour rule

- Discard any foods that can spoil if left out at room temperature for longer than 2 hours

Wash all fruits and vegetables before use

Check expiration dates

Food safety is to prevent:

- Listeria
- Toxoplasma
- E coli
- Salmonella
- Mercury



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