

# HEALTHY PREGNANCY PLATE

Congratulations on your pregnancy. A healthy pregnancy depends on a healthy lifestyle. This includes eating a balanced diet, staying well hydrated, and getting physical activity most days of the week. Strive to build a plate like this at every meal.

## Grains/Starches

Make a little more than  $\frac{1}{4}$  of your plate whole grains or starches.

## Protein

Make a little less than  $\frac{1}{4}$  of your plate lean meat or other protein foods.



## Fruits & Vegetables

Make  $\frac{1}{2}$  your plate fruits and vegetables.



Select a 9 inch plate and use this guide to help keep your portions in control.



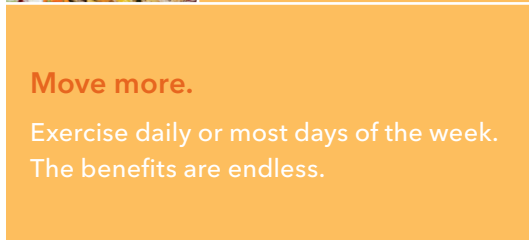
### Practice mindful eating.

Choose food that is satisfying and nourishing, sit at the table in a relaxed environment, and tune into your hunger and fullness levels.



### Stay hydrated.

Aim for 64 ounces of water per day.



### Move more.

Exercise daily or most days of the week. The benefits are endless.



### Choose fruit as your sweet treat.

Limit foods and beverages with added sugars.



## Healthy food choices

<p><b>Fruits and Vegetables</b></p> <p>Choose 6 or more servings per day</p>	<p><b>One serving is:</b></p> <ul style="list-style-type: none"> <li>• 1 cup raw vegetables</li> <li>• ½ cup cooked vegetables</li> <li>• 1 medium fruit</li> <li>• 1 cup fruit</li> <li>• 3-4 ounces juice</li> </ul> <p><i>Choose 2-3 fruits and 4 or more vegetables for optimal nutrition and less calories.</i></p>
<p><b>Protein-rich foods</b></p> <p>Choose 7-11 servings per day</p>	<p><b>One serving is:</b></p> <ul style="list-style-type: none"> <li>• ½ cup beans, split peas, or lentils</li> <li>• ½ cup tofu or tempeh</li> <li>• ¼ cup nuts or seeds</li> <li>• 2 tablespoons peanut or almond butter, or tahini</li> <li>• 1 ounce pasteurized cheese (Swiss, mozzarella, queso fresco, cheddar)</li> <li>• ¼ cup cottage or ricotta cheese</li> <li>• ½ cup Greek yogurt</li> <li>• 1 cup regular yogurt</li> <li>• 1 egg</li> <li>• 1 ounce fish, seafood*, skinless chicken or turkey, or lean cuts of beef or pork</li> </ul>
<p><b>Starches (grains and starchy vegetables)</b></p> <p>Choose 5-8 servings per day</p>	<p><b>One serving is:</b></p> <ul style="list-style-type: none"> <li>• ½ cup beans, corn, peas, taro, or potatoes (Yukon gold, red, sweet)</li> <li>• 1 cup winter squash</li> <li>• ½ cup cooked brown rice, quinoa, buckwheat, millet, or pasta/noodles (1 cup cooked = 3 servings)</li> <li>• 1 slice whole-wheat or sourdough bread</li> <li>• ½ cup cooked cereal (oatmeal)</li> <li>• 4-6 whole grain crackers</li> <li>• 2-3 corn tortillas</li> <li>• 1 whole-wheat tortilla</li> <li>• 3 cups popcorn</li> </ul>
<p><b>Calcium-rich foods</b></p> <p>Choose 3 servings per day to get the recommended 1,000 milligrams of calcium</p>	<p><b>One serving is:</b></p> <ul style="list-style-type: none"> <li>• 1 cup (8 ounces) milk</li> <li>• 1½ ounces cheese</li> <li>• 8 ounces yogurt</li> <li>• 1 cup calcium-fortified soy, rice, or almond milk</li> <li>• ½ cup calcium-set tofu</li> <li>• 1½ cups cooked kale, bok choy, turnip greens, mustard greens, beet greens, or broccoli</li> <li>• ½ cup soy nuts</li> <li>• 2 cups white beans</li> </ul>
<p><b>Fats</b></p> <p>Choose 4-7 servings per day</p>	<p><b>One serving is:</b></p> <ul style="list-style-type: none"> <li>• 2 tablespoons avocado</li> <li>• 1 teaspoon olive, canola, or peanut oil</li> <li>• 5 olives</li> <li>• 1 tablespoon nuts or seeds</li> <li>• 1 teaspoon peanut, almond, or sunflower seed butter, or tahini</li> <li>• 1 tablespoon salad dressing</li> <li>• 1 teaspoon mayonnaise</li> <li>• 1 teaspoon butter</li> <li>• 2 tablespoons cream, half &amp; half, or sour cream</li> <li>• 1 tablespoon cream cheese</li> </ul>

## Thinking for two versus eating for one

In general, most women need 1,600 to 2,000 calories per day. During the second and third trimester of pregnancy, your calorie needs go up by **only 200 to 300 calories per day**. Eating a meal or snack **every 3 to 4 hours** can help prevent nausea, control appetite, and keep your energy levels up throughout pregnancy, during labor and delivery, and after you have your baby.

### Examples of mini meals and snacks with approximately 200 to 300 calories:

- 1 piece of fruit with 1-2 tablespoons peanut butter
- 1 slice whole-grain toast with avocado
- ¼ cup nuts or seeds with a piece of fruit
- Carrot sticks with ½ cup hummus
- ½ of PB&J or tuna fish sandwich
- Handful of tortilla chips with cottage cheese and salsa
- Smoothie – blend yogurt with ½ cup berries
- 4-6 whole-grain crackers with 1 ounce cheese
- Carton of Greek yogurt with ¼ cup granola and berries

\* Seafoods that are rich sources of omega-3 fatty acids include mackerel, salmon, albacore tuna, sardines, and lake trout. For more information on safe and healthy seafood choices, visit [seafoodwatch.org](http://seafoodwatch.org)