

Your Healthy Diet During Pregnancy

Everything you eat can be a gift to your baby. How much should you eat each day when you're pregnant? Follow these food guidelines:

Proteins: *4 or more servings each day. One protein serving is*

- 2-3 ounces lean beef, chicken, pork, venison, or fish
- 2 tablespoons peanut butter or 1/3 cup of nuts or seeds
- 1/2 cup beans, lentils or peas
- 1 egg

Calcium: *4 servings each day. One serving is:*

- 1 cup milk, yogurt or cottage cheese
- 1 cup dark leafy greens
- 2 1-inch cubes cheese (the size of a pair of dice)
- 1/2 cup ice cream or pudding

Fiber/Grains: *6 to 11 servings each day. One grain serving is:*

- 1 slice whole grain bread, 1 roll or 1 tortilla or 1 pancake
- 1 cup dry cereal
- 1/2 cup cooked rice, pasta or cereal

Fruit: *2 to 4 servings each day. One fruit serving is:*

- 1/2 cup fresh or frozen fruit (canned fruit is only sugar)
- 1 medium whole fruit
- 3/4 cup fruit juice (but keep juice to one serv/day or less)
- 1/4 cup dried fruit (like juice, one serving per day)

Vegetables: *3 to 5 servings each day. One vegetable serving is*

- 1/2 cup raw or cooked vegetables
- 1 small baked potato
- 3/4 cup vegetable juice

A special note on Fish. *Fish is healthy, mercury is not!*

Each week you can eat up to 12 oz of fish that have small amounts of mercury. The 12 ounces can include: Shrimp, salmon, pollock, catfish and canned light tuna. Avoid large fish or those from unknown water sources.

Many foods can give you benefits in more than one way: most dairy foods also contain lots of protein, and whole grains have lots of vitamins and protein as well. Dark green foods have lots of different nutrients and value. Remember, whole foods always have more value than processed foods.

Don't Eat That! *A pregnant woman can help protect herself and her baby from a serious diseases (listeriosis and toxoplasmosis) by following these guidelines:*

- Don't eat raw or undercooked meat, especially lamb or pork. Cook meat to an internal temperature of 160° F.; the meat should not look pink, and the juices should be clear. Wash hands, cutting boards, utensils and work surfaces immediately with hot soapy water if they contacted raw meat.
- The CDC and other authorities recommend that pregnant women do not consume unpasteurized milk or juice.
- Do not eat hot dogs or luncheon meats (including deli meats such as ham, turkey, salami, bologna) unless they are reheated until steaming hot.
- Avoid soft cheeses, such as feta, brie, Camembert, Roquefort, blue-veined, queso blanco, queso fresco, unless the cheese is labeled as made with pasteurized milk. Hard cheeses, processed cheeses, cream cheeses, and cottage cheeses are safe.
- Do not eat refrigerated pates or meat spreads. (*Listeria* thrives at refrigerator temperatures.) Canned and shelf-stable versions are safe.
- Avoid refrigerated smoked seafood unless it has been cooked (as in a casserole). Canned and shelf-stable versions can be eaten safely.