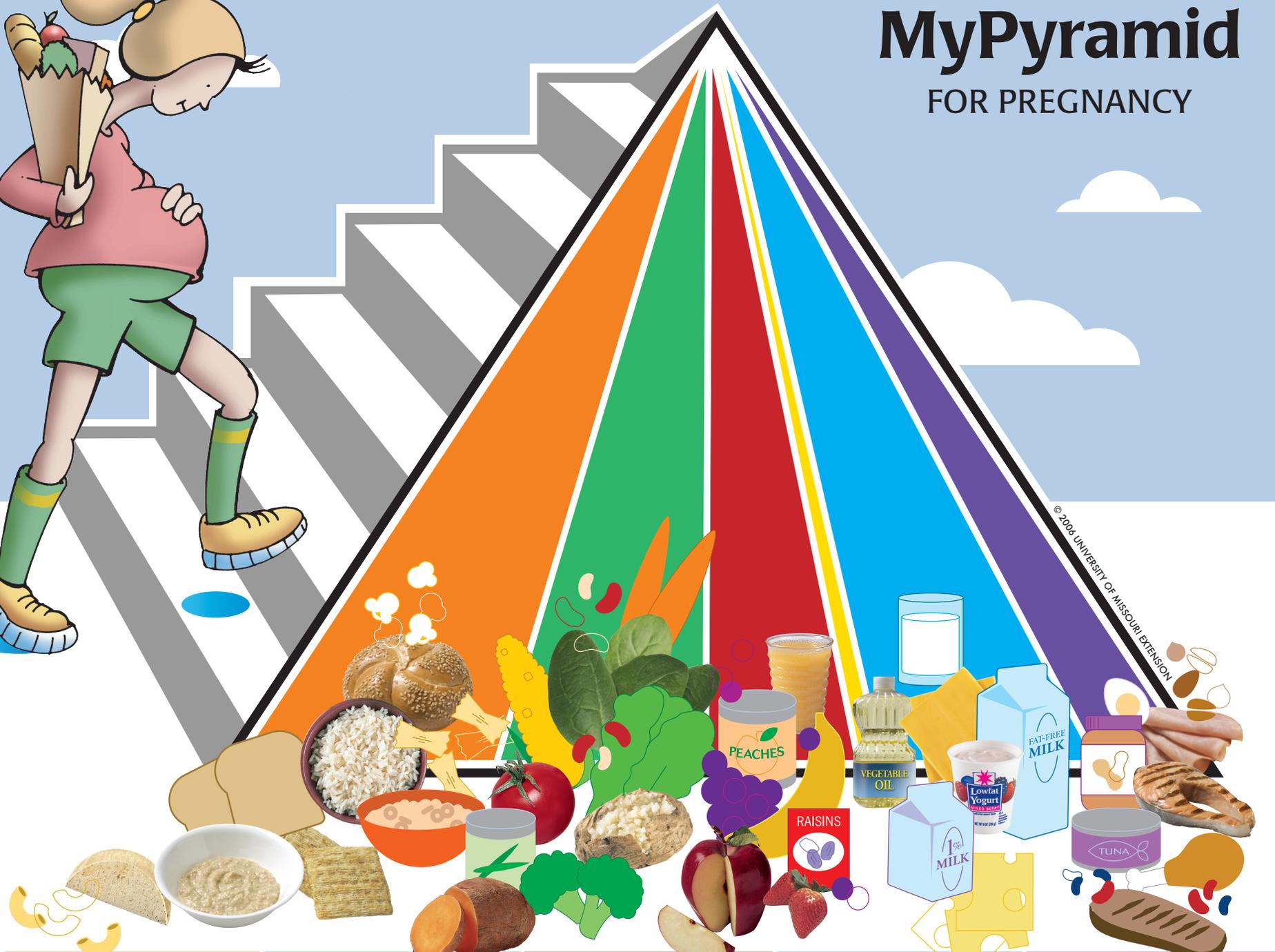


MyPyramid

FOR PREGNANCY



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GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

MyPyramid for Pregnancy

Grains <i>Make half your grains whole</i>	Vegetables <i>Vary your veggies</i>	Fruits <i>Focus on fruits</i>	Milk <i>Get your calcium-rich foods</i>	Meat & Beans <i>Go lean with protein</i>
Eat 6 to 7 ounces* every day	Eat 2½ to 3 cups* every day	Eat 2 cups* every day	Get at least 3 cups* every day	Eat 5½ to 6 ounces* every day
What counts as an ounce? <ul style="list-style-type: none"> • 1 slice bread • 1 cup ready-to-eat cereal • ½ cup cooked rice, cooked pasta or cooked cereal Here are a few examples: <ul style="list-style-type: none"> • 1 mini bagel • 1 slice regular bread • 5 whole wheat crackers • 3 cups popcorn • 1 (6-inch) tortilla • 1 packet instant oatmeal • ½ English muffin 	What counts as a cup? <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables • 1 cup vegetable juice • 2 cups raw leafy greens Here are a few examples: <ul style="list-style-type: none"> • 1 large (green, red or yellow) pepper • 1 large baked sweet potato • 12 baby carrots • 1 large raw tomato • 3 spears broccoli • 1 cup cooked pinto beans • 1 cup cooked collard greens 	What counts as a cup? <ul style="list-style-type: none"> • 1 cup fruit • 1 cup 100 percent fruit juice • ½ cup dried fruit Here are a few examples: <ul style="list-style-type: none"> • 1 small apple or ½ large apple • 32 seedless grapes • 1 medium grapefruit • 1 large peach • ½ cup raisins • 1 large banana • 8 large strawberries • 1 large orange • 1 small watermelon wedge 	What counts as a cup? Here are a few examples: <ul style="list-style-type: none"> • 1 half-pint (8-ounce) carton milk • 1 (8-ounce) container yogurt • 1½ cups ice cream • ⅓ cup shredded cheese • 3 slices (2 ounces) processed cheese like American • 2 slices (1½ ounces) hard cheese like cheddar or swiss • 1 cup pudding made with milk 	What counts as an ounce? <ul style="list-style-type: none"> • 1 ounce meat, poultry or fish • ¼ cup cooked dry beans • 1 egg • 1 tablespoon peanut butter • ½ ounce nuts or seeds Here are a few examples: <ul style="list-style-type: none"> • ¼ cup tofu • ¼ cup cooked black, kidney or pinto beans • 2 tablespoons hummus • 1 sandwich slice lean turkey meat • 24 pistachios • 7 walnut halves • ½ cup split pea or bean soup • ¼ cup roasted soybeans
<p>* These are general guidelines based on a 2,000 to 2,200 calorie level for moderately active females ages 14 to 20 (moderately active means at least 30 minutes and up to 60 minutes of activity a day in addition to daily activities). Teens and very active women may need more. Talk with your health-care provider for more information about your specific needs.</p>				

Physical activity

◆ If you have no medical complications, get 30 minutes or more of moderate-intensity physical activity, like brisk walking or dancing, every day or most days.

◆ Avoid activities that have a high risk of falling or abdominal injury.

Know the limits on fats, sugars and salt (sodium)

◆ Get most of your fat from fish, nuts and vegetable oils.

◆ Limit solid fats like butter, margarine, shortening and lard, and foods that contain solid fats.

◆ Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.

◆ Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

◆ Choose foods low in salt (sodium). Cut back on salt added at the table and during cooking.

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