

Sample Menu

Choose foods you enjoy, but plan your meals around the five food groups to supply the daily nutrients you and your unborn baby need.

Here's an example:

Breakfast:

- Orange Juice
- Bran flakes with a banana
- Milk

Morning snack:

- Peanut butter and jelly on crackers
- Milk

Lunch:

- Ham and cheese sandwich
- Tomato slices
- Potato salad
- Apple juice

Afternoon snack:

- Cup of pudding
- Graham crackers
- Water or other drink

Dinner:

- Baked chicken
- Carrot-Raisin salad
- Corn-on-the-cob
- Green beans
- Roll
- Water or other drink

Evening snack:

- Crackers with cheese
- Milk

Circle the correct answers for each question below:

1. What should you do?
 - a. Eat at least 3 meals each day.
 - b. Drink 8–12 glasses of fluids each day.
 - c. Choose foods from the five food groups.
 - d. All of the above.
2. What should you NOT do?
 - a. Drink large amounts of coffee, tea, colas and juices.
 - b. Lose weight while you are pregnant.
 - c. Drink alcohol.
 - d. All of the above.

Answer key: 1. d 2. d



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March of Dimes
Birth Defects Foundation



Recipe for Healthy Babies



Eating for Two

Eating for Two

- Your baby lives on what you eat.
- A good diet will help you deliver a healthier baby.

Weight-Gain During Your Nine Months of Pregnancy

- You should gain about 25-40 pounds.
- Your health care provider may advise you to gain more or less weight.
- Never try to lose weight during pregnancy. Wait until your baby has been born and weaned.



Helpful Hints

Meals

- Eat at least three meals each day.
- Eat a variety of foods.

Snacks

- Choose foods from the five food groups.
- Limit candy, pastries, chips, or sweet drinks.

Fluids

- Drink 8-12 glasses of fluids each day.
- Good choices are water, milk, fruit juices, and soups.

Alcohol

- Drinking alcohol (liquor, wine, or beer) can be harmful to your unborn baby.
- Alcohol can cause your baby to be born with birth defects.
- Do not drink while pregnant.

Caffeine

- Caffeine is found in tea, coffee and colas.
- Limit these drinks to 3 cups per day.



Milk, Yogurt and Cheese Group

**4 servings/
Pregnant woman**

**4 servings/
Breastfeeding woman**

- These foods are needed for strong bones and teeth.
- Choose lowfat and fat free milk products.

Count as a serving:

- 1 cup milk
- 1 cup yogurt
- 1 ½ ounces cheese

Protein Foods

**3 (2-3 oz) servings/
Pregnant woman**

**3 (2-3 oz) servings/
Breastfeeding woman**

- These foods help build and repair your body.
- Choose lean meats, chicken, fish, peanut butter, and dried beans and peas.

Count as a serving:

- 2-3 ounces meat
- 2 eggs
- 1 cup cooked dried beans/peas
- ½ cup flaked fish
- 4 tbsp peanut butter

Vegetables

**3-5 servings/
Pregnant woman**

**3-5 servings/
Breastfeeding woman**

- Include dark green leafy or yellow/orange vegetables daily for healthy eyes and skin.

Count as a serving

- ½ cup cooked
- 1 cup raw

Fruits

**2-4 servings/
Pregnant woman**

**2-4 servings/
Breastfeeding woman**

- Eat fruits high in vitamin C daily to help fight colds and illnesses.

Count as a serving:

- 6 ounces juice
- ½ cup canned fruit
- 1 medium raw fruit

Bread, Cereal, Rice and Pasta

**9 servings/
Pregnant woman**

**9 servings/
Breastfeeding woman**

- These foods give you energy and help your body use all of the other foods you eat.
- Choose whole grains.

Count as a serving:

- 1 slice bread (whole wheat bread)
- ½ cup cooked rice, noodles, grits
- ½ cup cooked cereal
- 1 cup dried cereal
- 5-6 crackers