

Healthy Eating for Baby & Me

Eat a variety of foods while pregnant and breastfeeding.
Check the boxes of foods you like or want to try!

Fruits (2 cups):

Choose fresh, frozen, canned, 100% juice, & dried fruit.

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| ☐ Apples | ☐ Oranges |
| ☐ Bananas | ☐ Papayas |
| ☐ Blueberries | ☐ Peaches |
| ☐ Cherries | ☐ Pears |
| ☐ Grapes | ☐ Pineapple |
| ☐ Kiwis | ☐ Strawberries |
| ☐ Mangoes | ☐ Watermelon |

Protein (5.5 oz):

Choose options that are marked "lean".

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| ☐ Beans | ☐ Peanut Butter |
| ☐ Beef | ☐ Pork |
| ☐ Chicken | ☐ Salmon |
| ☐ Eggs | ☐ Seeds |
| ☐ Lentils | ☐ Shrimp |
| ☐ Light Tuna | ☐ Tofu |
| ☐ Nuts | |

Veggies (2.5 cups):

Choose raw, cooked, frozen, canned, & 100% juice.

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| ☐ Avocados | ☐ Green Beans |
| ☐ Bell Peppers | ☐ Lettuce |
| ☐ Broccoli | ☐ Mushrooms |
| ☐ Cabbage | ☐ Nopales |
| ☐ Carrots | ☐ Potatoes |
| ☐ Chiles | ☐ Tomatoes |
| ☐ Corn | ☐ Zucchini |

Grains (6 oz):

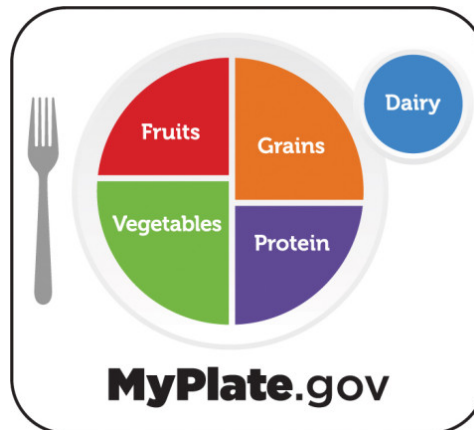
Make half of your grains whole grain / whole wheat.

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| ☐ Amaranth | ☐ Oats |
| ☐ Bagels | ☐ Pasta Noodles |
| ☐ Barley | ☐ Quinoa |
| ☐ Bread | ☐ Rice |
| ☐ Cereal | ☐ Rye |
| ☐ Hominy | ☐ Tortillas |
| ☐ Millet | ☐ Waffles |

Dairy (3 servings):

Check that dairy is "pasteurized" on the label.

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| ☐ Cheese | ☐ Ice Cream |
| ☐ Cottage Cheese | ☐ Kefir |
| ☐ Evaporated Milk | ☐ Lactose-free Milk |
| ☐ Frozen Yogurt | ☐ Milk |
| | ☐ Pudding |
| | ☐ Yogurt |



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The amounts of each food group are averages for a general adult diet. Please speak to your physician or consult a dietitian for a diet plan for you.

