### MyPyramid for Healthy Eating During Pregnancy

**GRAINS**

Make half your grains whole

Eat at least 3 oz of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz is about:
- 1 slice of bread
- 1 cup of breakfast cereal
- ½ cup of cooked rice, cereal, or pasta

**VEGETABLES**

Vary your veggies

Enjoy more dark-green veggies like broccoli, spinach, and other dark leafy greens

Include more orange vegetables like carrots and sweet potatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

**FRUITS**

Focus on fruits

Enjoy a variety of fruit

Choose frozen, canned, or dried fruit

Go easy on fruit juice

**MILK**

Get your calcium-rich foods

Choose reduced-fat, low-fat, or fat-free when you choose milk, yogurt, and other milk products

If you don’t or can’t drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

**MEAT & BEANS**

Go lean with protein

Choose lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine

- Choose more fish, beans, peas, nuts, and seeds
- 3 oz of protein is about, the size of a deck of playing cards

**DAILY GOAL**

- **GRAINS**: 6 oz every day
- **VEGETABLES**: 2½ cups every day
- **FRUITS**: 2 cups every day (Teens need 4 to 6 cups)
- **MILK**: 3–4 cups every day
- **MEAT & BEANS**: 7½ oz every day

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### FIND YOUR BALANCE

- Ask your healthcare provider about the amount of weight gain that is right for you
- Stay within your daily calorie needs
- If your healthcare provider approves, be physically active for at least 30 minutes most days of the week
- Avoid activities that may cause you to fall or have abdominal injury

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### KNOW YOUR LIMITS

- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods containing these fats
- Check the nutrition facts label and choose foods that are low in saturated fats, trans fats, and sodium
- Choose food and beverages low in added sugars

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*MyPyramid for Healthy Eating During Pregnancy is designed to help you choose foods and portions that are good for you and your growing baby.*

We all know one size doesn’t fit all. MyPyramid is designed to help you choose foods and portions that are good for you and your growing baby. This brochure will help guide you in the following:

- Making smart choices from each food group
- Finding balance between food and physical activity
- Getting the most nutrition out of your calories

You will also find helpful information on topics like breastfeeding and folate.

Visit MyPyramid.gov for more information.
Below is a pregnancy weight gain grid. Using this grid will help you keep your pregnancy at a healthy weight. Most women should expect to gain 25 to 35 pounds. This amount may be different depending on if you were underweight or overweight before becoming pregnant. Discuss weight gain with your doctor to find out how much is best for your pregnancy.

### BMI GUIDE

<table>
<thead>
<tr>
<th>BMI</th>
<th>Weight Gain Recommendations</th>
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<tbody>
<tr>
<td>Low BMI &lt;19.8</td>
<td>The average recommended weight gain for low BMI is 28 to 40 pounds. Try to gain 3 to 5 pounds in the 1st to 3rd month, and slightly more than 1 pound per week in 4th to 9th months.</td>
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<tr>
<td>Normal BMI 19.8-26</td>
<td>The average recommended weight gain for normal BMI is 25 to 35 pounds. Try to gain 2 to 4 pounds in the 1st to 3rd month, and about 1 pound per week in the 4th to 9th months.</td>
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<tr>
<td>High BMI &gt;26-29</td>
<td>The average recommended weight gain for high BMI is 15 to 25 pounds. Try to gain 1 to 2 pounds in the 1st to 3rd month, and about 2/3 pound per week in the 4th to 9th months.</td>
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<tr>
<td>High BMI ... &gt;29</td>
<td>Gain 15 pounds or less.</td>
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### Twins

Gain 35 to 45 pounds.

### MY PREGNANCY WEIGHT GAIN CHART

<table>
<thead>
<tr>
<th>Date</th>
<th>Pre-Pregnancy Weight (lbs)</th>
<th>Height (inches) w/o shoes</th>
<th>Pre-Pregnancy BMI</th>
<th>Date</th>
<th>Weight (lbs)</th>
<th>Lost/Gained</th>
<th>Weeks gestation</th>
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**For additional information visit with your WIC nutritionist or visit MyPyramid.gov**

**TIPS**

**Human milk** is the perfect food for your baby during the first year of life. Breastfeeding helps to keep your baby healthier by reducing infections and allergies.

**Folic Acid** or Folate is a vitamin that reduces your chance of having a baby with a birth defect of the brain or spinal cord. You should take a multivitamin containing 400 micrograms of folic acid and eat a variety of foods including orange juice, leafy green vegetables, and enriched breads and cereals.

**Avoid the use** of alcohol, drugs, and cigarettes during pregnancy and breastfeeding. These substances may harm your developing baby. Check with your doctor before taking any over the counter drugs.

### MY NUTRITION GOALS

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<th>Nutrition Goal(s)</th>
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**Design by Marylee Braun-Wright**

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