



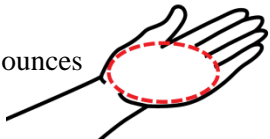








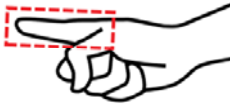



# Perinatal Food Group Guide

Food group	Minimum Servings Per Day	Portion Sizes	What does this do?
<p><b>Vegetables</b></p>  <p>Eat more vegetables. Use fresh, frozen or low sodium canned vegetables. Avoid French fries.</p>	<p><b>3 Servings</b></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• 1 cup vegetable juice</li> <li>• 2 cups raw leafy greens</li> <li>• 1 cup raw or cooked vegetables</li> </ul>	<p>One fist = 1 cup </p> <p>Two fists = 2 cups </p>	<p><b>For Baby:</b> Vitamin A helps the heart, lungs, kidneys, eyes, and bones grow healthy and strong. It also boosts the immune system.</p> <p><b>For Mom:</b> Vitamin A supports good vision and helps with postpartum healing.</p>
<p><b>Meats and Beans</b></p>  <p>Choose healthy protein. Eat vegetable protein daily. Avoid bacon, hot dogs and bologna.</p>	<p><b>6-7 Servings</b></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 tbsp peanut butter</li> <li>• 1 oz. meat, poultry or fish</li> <li>• ¼ cup cooked dry beans, lentils or peas</li> </ul>	<p>Palm = 3 ounces </p> <p>Thumb = 1 Tablespoon </p>	<p><b>For Baby:</b> Iron and zinc help grow muscles, bone, skin, and blood. B-vitamins help develop the nervous system.</p> <p><b>For Mom:</b> Protein keeps mom lean and regulates blood sugar to prevent gestational diabetes. Protein also helps make red blood cells and strengthens the placenta.</p>
<p><b>Grains</b></p>  <p>Eat mostly whole grains like brown rice. Limit bread, noodles and rice that are white.</p>	<p><b>6 Servings in 1<sup>st</sup> Trimester</b> <b>8 Servings in 2<sup>nd</sup> &amp; 3<sup>rd</sup> Trimester &amp; While Breastfeeding</b></p> <p>1 serving=</p> <ul style="list-style-type: none"> <li>• 1 cup of cereal</li> <li>• ½ cup of cooked pasta, rice or cereal</li> <li>• 1 slice whole wheat bread or ½ a bagel</li> </ul>	<p>One fist = 1 cup </p> <p>Handful = ½ cup </p> <p>Flat Hand = 1 slice </p>	<p><b>For Baby:</b> Magnesium works with calcium to build strong teeth &amp; bones.</p> <p><b>For Mom:</b> Carbohydrates are the main form of energy the body uses. Fiber helps to prevent constipation.</p>

Food group	Minimum Servings Per Day	Portion Sizes	What does this do?
<p style="text-align: center;"><b>Fruit</b></p>  <p>Add color with fruit. Make most choices fruit, not juice</p>	<p style="text-align: center;"><b>2 Servings</b></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• 1 cup fresh fruit</li> <li>• ½ cup dried fruit</li> <li>• 1 cup unsweetened frozen or canned fruit</li> </ul>	<p>One fist = 1 cup</p> 	<p><b>For Baby:</b> Folate helps prevent birth defects, low birth weight, and premature birth.</p> <hr/> <p><b>For Mom:</b> Potassium in fruits helps lower blood pressure. Vitamin C helps boost immune system. Folate prevents anemia by keeping iron in the blood.</p>
<p style="text-align: center;"><b>Dairy</b></p>  <p>Enjoy calcium-rich foods. Choose pasteurized nonfat or lowfat milk, yogurt, and cheese.</p>	<p style="text-align: center;"><b>3 Servings for women</b></p> <p style="text-align: center;"><b>4 Servings for teens</b></p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• 1 cup of milk</li> <li>• 1 ½ oz. of cheese</li> <li>• 1 cup plain yogurt</li> <li>• 1 cup of soy milk with calcium</li> </ul>	<p>Pointer finger = 1 ½ ounces</p>  <p>One fist = 1 cup</p> 	<p><b>For Baby:</b> Calcium helps build strong bones, teeth, &amp; muscles. It also helps keep a strong, regular heartbeat &amp; helps with blood clotting.</p> <hr/> <p><b>For Mom:</b> Calcium helps keep bones, teeth, &amp; muscles strong. It also helps with any back or stomach pains or cramping.</p>