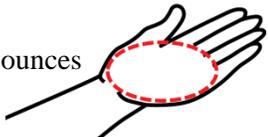
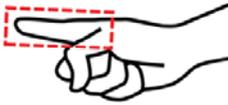


Perinatal Food Group Guide

Food group	Minimum Servings Per Day	Portion Sizes	What does this do?
<p>Vegetables</p>  <p>Eat more vegetables. Use fresh, frozen or low sodium canned vegetables. Avoid French fries.</p>	<p>3 Servings</p> <p>1 serving =</p> <ul style="list-style-type: none"> • 1 cup vegetable juice • 2 cups raw leafy greens • 1 cup raw or cooked vegetables 	<p>One fist = 1 cup </p> <p>Two fists = 2 cups </p>	<p>For Baby: Vitamin A helps the heart, lungs, kidneys, eyes, and bones grow healthy and strong. It also boosts the immune system.</p> <p>For Mom: Vitamin A supports good vision and helps with postpartum healing.</p>
<p>Meats and Beans</p>  <p>Choose healthy protein. Eat vegetable protein daily. Avoid bacon, hot dogs and bologna.</p>	<p>6-7 Servings</p> <p>1 serving =</p> <ul style="list-style-type: none"> • 1 egg • 1 tbsp peanut butter • 1 oz. meat, poultry or fish • ¼ cup cooked dry beans, lentils or peas 	<p>Palm = 3 ounces </p> <p>Thumb = 1 Tablespoon </p>	<p>For Baby: Iron and zinc help grow muscles, bone, skin, and blood. B-vitamins help develop the nervous system.</p> <p>For Mom: 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>Grains</p>  <p>Eat mostly whole grains like brown rice. Limit bread, noodles and rice that are white.</p>	<p>6 Servings in 1st Trimester 8 Servings in 2nd & 3rd Trimester & While Breastfeeding</p> <p>1 serving=</p> <ul style="list-style-type: none"> • 1 cup of cereal • ½ cup of cooked pasta, rice or cereal • 1 slice whole wheat bread or ½ a bagel 	<p>One fist = 1 cup </p> <p>Handful = ½ cup </p> <p>Flat Hand = 1 slice </p>	<p>For Baby: Magnesium works with calcium to build strong teeth & bones.</p> <p>For Mom: 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;">Fruit</p>  <p>Add color with fruit. Make most choices fruit, not juice</p>	<p style="text-align: center;">2 Servings</p> <p>1 serving =</p> <ul style="list-style-type: none"> • 1 cup fresh fruit • ½ cup dried fruit • 1 cup unsweetened frozen or canned fruit 	<p>One fist = 1 cup</p> 	<p>For Baby: Folate helps prevent birth defects, low birth weight, and premature birth.</p> <hr/> <p>For Mom: 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;">Dairy</p>  <p>Enjoy calcium-rich foods. Choose pasteurized nonfat or lowfat milk, yogurt, and cheese.</p>	<p style="text-align: center;">3 Servings for women</p> <p style="text-align: center;">4 Servings for teens</p> <p>1 serving =</p> <ul style="list-style-type: none"> • 1 cup of milk • 1 ½ oz. of cheese • 1 cup plain yogurt • 1 cup of soy milk with calcium 	<p>Pointer finger = 1 ½ ounces</p>  <p>One fist = 1 cup</p> 	<p>For Baby: Calcium helps build strong bones, teeth, & muscles. It also helps keep a strong, regular heartbeat & helps with blood clotting.</p> <hr/> <p>For Mom: Calcium helps keep bones, teeth, & muscles strong. It also helps with any back or stomach pains or cramping.</p>