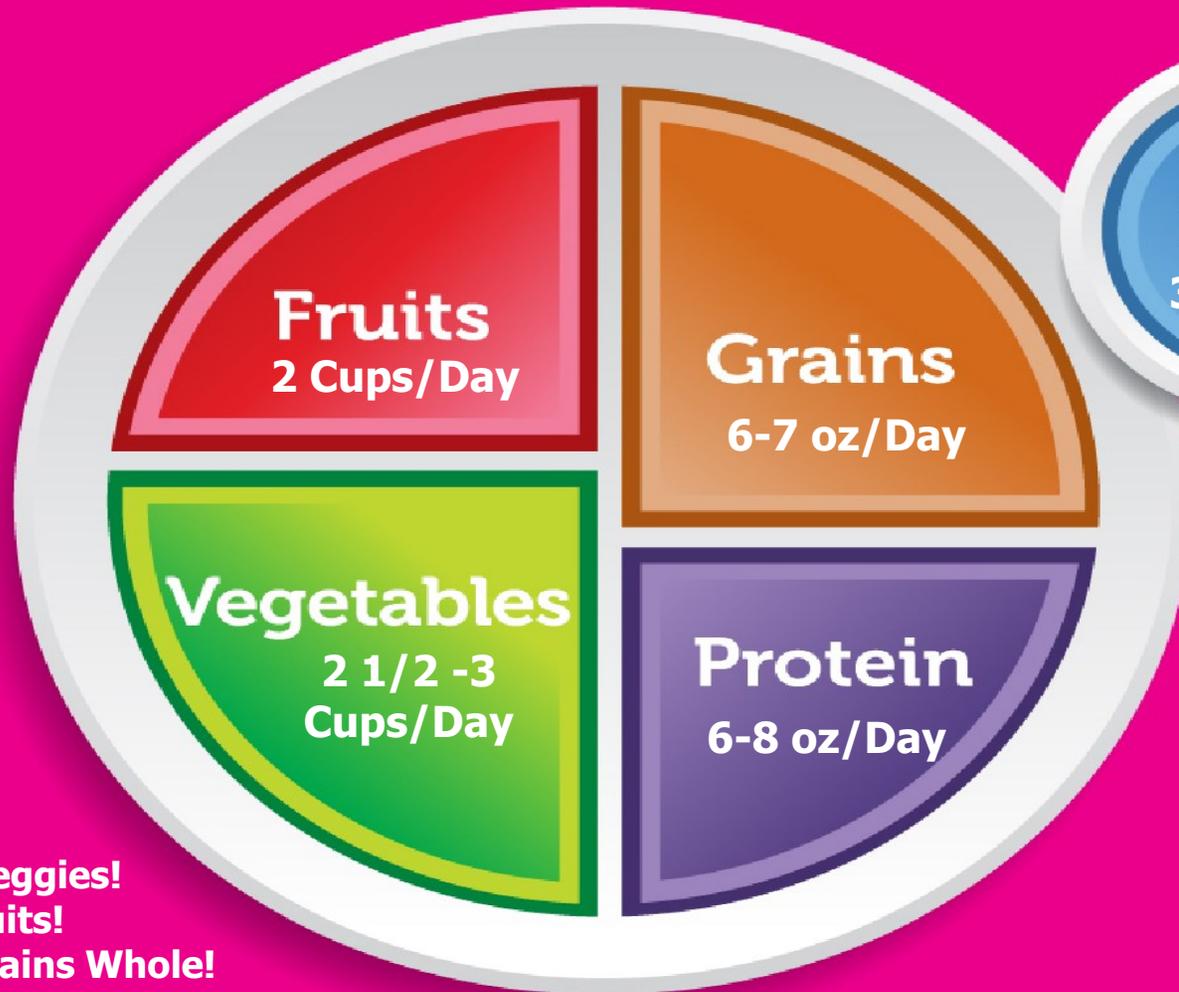


# Pregnancy



- Vary Your Veggies!
- Focus on Fruits!
- Half Your Grains Whole!
- Go Lean With Protein
- Get Calcium-Rich Foods!

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**Dairy**  
3 Cups/Day

## Serving Sizes

### Dairy

- 2 cups cottage cheese
- 8 oz yogurt
- 1 1/2 oz cheese
- 1 cup milk

### Grains:

- 1 slice bread
- 1/2 cup rice, pasta, or oatmeal
- 6 inch tortilla

### Protein

- 1 oz meat, poultry or fish
- 1/4 cup dry beans
- 1 Tbsp peanut butter
- 1 egg
- 1/2 oz nuts
- 1/4 cup tofu

## Comfort Tips

### Morning Sickness (Nausea and vomiting)

- Find foods that agree with you such as: crackers, dry toast, dry cereal, watermelon
- Eat small, frequent meals
- Drink liquids between meals, not with solid foods
- Smell lemons or drink lemonade
- Get up slowly from sitting or lying down

### Heartburn is a burning feeling at the top of your stomach.

- Eat small frequent meals
- Eat Slowly
- If eating a late meal try to Eat 2 to 3 hours before going to bed
- Rest or sleep in a semi-sitting position
- Avoiding foods that bother you (spicy or fatty foods, caffeine drinks, sodas, etc.)
- Wear loose fitting clothing

### Constipation

- Eat high fiber foods: bran, whole wheat products, fresh fruits and vegetables, stewed fruits, prune juice, dried beans and peas
- Drink at least 2 to 3 quarts of fluids a day: water, 100% juice, milk, soup, etc.
- Get some exercise daily, keeping fit and active

## Make Healthy Choices

### Alcohol

- Pregnant women and women who may become pregnant should not drink alcohol. Any amount of alcohol during pregnancy could cause problems for your baby.

### Herbal Teas

- Certain herbal teas can be very harmful during pregnancy.
- Some herbal teas **do not list all** of the herbs in the tea, so only use herbal teas that you know are safe.
- Ask your health care provider if it is safe to use herbal teas.

### Eat Iron-rich foods

- Meat or poultry
- Beans or leafy green vegetables
- Iron-fortified cereals

## Food Safety

### Avoid

- Albacore tuna, shark, swordfish, king mackerel and tilefish
- Unpasteurized milk and juices
- Hot dogs, lunch meats and deli meats
- Raw sprouts, especially alfalfa sprouts
- Raw eggs (undercooked eggs - raw cookie dough)
- Raw fish such as sushi
- Soft cheeses - brie, feta, queso fresco and queso blanco

### Other Tips

- Make sure foods are cooked thoroughly
- Wash all fruits and vegetables before use
- Check expiration dates
- Discard any foods that can spoil if left out at room temperature for longer than 2 hours

### Food safety is to prevent:

- Listeria
- Toxoplasma
- E coli
- Salmonella
- Mercury

Ask your health care provider if you have any problems or questions and always check with your provider before taking any medicine or changing your exercise plan. **take**

Idaho WIC Program  
1250 Hollipark Dr.  
Idaho Falls, ID 83401  
(208) 522-3823



U.S. Department of Agriculture Center for Nutrition Policy and Promotion  
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