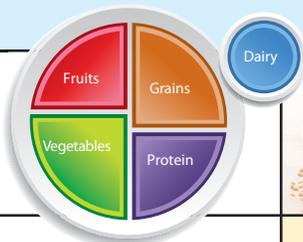


Choose MyPlate: Daily Amounts During and After the Pregnancy



Daily needs for women who are:	Grain Group Make half your grains whole	Vegetable Group Vary your veggies	Fruit Group Eat a variety of fruits	Milk Group Low Fat	Meat & Beans Group Go lean with protein
Pregnant 1st Trimester	6 ounces	2 1/2 cups	2 cups	3 cups	5 1/2 ounces
Pregnant 2nd & 3rd Trimester	8 ounces	3 cups	2 cups	3 cups	6 1/2 ounces
Fully Breastfeeding	8 ounces	3 cups	2 cups	3 cups	6 1/2 ounces
Partially Breastfeeding	7 ounces	3 cups	2 cups	3 cups	6 ounces
Non-Breastfeeding*	6 ounces	2 1/2 cups	1 1/2 cups	3 cups	5 ounces
Counting Cups and Ounces	1 ounce = 1 slice bread, 1 ounce ready-to-eat cereal <u>OR</u> 1/2 cup cooked pasta, rice or cereal	1 cup = 1 cup raw or cooked vegetables or juice <u>OR</u> 2 cups leafy vegetables	1 cup = 1 cup fruit or juice <u>OR</u> 1/2 cup dried fruit	1 cup = 1 cup milk, 8 ounces yogurt, 1 1/2 ounces cheese <u>OR</u> 2 ounces processed cheese	1 ounce = 1 ounce lean meat, poultry or fish, 1 egg, 1/4 cup cooked dry beans, 1/2 ounce nuts <u>OR</u> 1 tablespoon peanut butter

*Information for Non-breastfeeding women is based on an 1800 calorie diet. This is for most inactive women. If you exercise 30 minutes or more per day, you may need slightly more calories.

Pregnancy: Extra Needs for You and Your Baby

Folic Acid (Folate) – 600 mcg

Folic acid is a B vitamin that can help protect your unborn baby from birth defects of the brain and spinal cord. These can occur during the first weeks of pregnancy. All women during child bearing years should receive a good source of folic acid daily.

Good Sources of Folic Acid: Fortified cereals, dark leafy vegetables, dried beans, liver and citrus fruit.

Vitamin C

Vitamin C helps develop healthy gums, tissue, bones and teeth. It also helps the body absorb iron to make healthy red blood cells and fight infection.

Good Sources of Vitamin C: WIC juices, oranges and strawberries.

Iron

Iron is used by your body to make a substance in red blood cells that carries oxygen to your organs and tissues.

During pregnancy, you need extra iron: about double the amount that a nonpregnant woman needs. This extra iron helps your body make more blood to supply oxygen to your baby, and helps carry oxygen to your cells and to your baby's cells.

Good Sources of Iron: Lean red meat, poultry, fish, dried beans and peas, WIC cereals and prune juice. Iron can be absorbed more easily if iron-rich foods are eaten with vitamin C-rich foods, such as citrus fruits and tomatoes.

Calcium

Extra calcium is needed for bone development in your baby. The baby will take calcium from your bones and teeth if you don't get enough in your diet.

Good Sources of Calcium: Low-fat dairy such as milk, yogurt, pudding and cheese, collard greens, broccoli, fortified whole grain cereals and juices.

Choose MyPlate for Pregnant, Breastfeeding and Non-Breastfeeding Women

Weight Gain During Pregnancy

- Gain weight gradually during pregnancy.
- Total amount of weight you should gain during your pregnancy depends on what you weighed before you got pregnant.
- A woman at a healthy weight before pregnancy should gain 25 to 35 pounds during pregnancy.
 - 2 to 4 pounds in your first three months.
 - 3 to 4 pounds per month in your fourth through ninth month.
- The advice is different for an underweight or overweight woman. Ask your doctor or health care provider what is the right weight gain for you.



Ways to Control Your Weight – During or After Pregnancy

Eat fewer “extras.” Extras are the foods that are high in fat or sugar.

Examples of these include:

- Soft Drinks
- Candies and Desserts
- Fried or Fast Foods
- Sausage or Bacon



Walking or swimming for 30 minutes per day is a good way to burn extra calories. Be sure to check with your doctor before doing any physical activity.



Food Safety During Pregnancy and Breastfeeding

Protect you and your baby’s health by practicing safe food handling. There are many health risks to not preparing foods properly. See the chart for details on common risks.

Health Risk	Where is it?	How to prevent it?
<p>Listeria: Bacteria that can cause stillborn birth, premature birth or severe illness or death of your newborn.</p>	Raw meat, unpasteurized milk and milk products, deli meats, hot dogs and soft cheeses.	<ul style="list-style-type: none"> • Heat deli meats until steaming hot. • Make sure the label states “Made with pasteurized milk.” • Refrigerate leftovers within 2 hours in shallow covered containers and use within 3-4 days.
<p>Toxoplasma: Parasite that might cause an infection that can be passed to your baby.</p>	Uncooked meats, unwashed fruits and vegetables and in small animal feces.	<ul style="list-style-type: none"> • Wash your hands after touching soil, sand, raw meat or unwashed fruits or vegetables. • Wash and peel all fruits and vegetables before eating. • Have someone else clean the animal litter box or cage or wear gloves if you clean it.
<p>Mercury: Toxic metal that can be harmful to your pregnancy or baby.</p>	Fish	<ul style="list-style-type: none"> • Do not eat shark, swordfish, king mackerel or tile fish. • Limit albacore “white” tuna to 6 ounces per week. • Eat up to 12 ounces of shrimp, canned light tuna, salmon, pollock or catfish per week instead.

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Missouri Department of Health and Senior Services x WIC and Nutrition Services x 573-751-6204

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